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TORONTO • MONDAY SEPTEMBER 22 2008 metronews.ca

Your hair sucks but we can fix it.

'Bizarre' blog blamed for Tory dropout in T.O.

A Conservative Party candidate who blogged in the aftermath of the July beheading on a Winnipeg-bound bus that Canadians should be allowed to carry concealed handguns for personal protection has resigned from the Toronto Centre race against Liberal incumbent Bob Rae.

Chris Reid, a 28-year-old civil engineer, said he took down his personal blog, entitled, "political thoughts from a gay conservative," the day after the election writ was dropped to focus on his campaign. He said he "voluntarily" resigned after its contents were dug up and caused a stir across party lines this weekend.

Rae responded to Reid's blog postings with incredulousness while on the road in B.C. yesterday.

He said Reid's blog "reveals a personality and a point of view that is frankly bizarre, and more than that it's hateful toward a great many of his fellow Canadians and fellow constituents."

In one blog posting, Reid argued that law-abiding men and women should be allowed to carry concealed handguns, saying, "If women and gays really wanted to stop being victims of hate crimes, they'd be in support of this, but judging from discussions, they'd rather be helpless and rely on government."

Yesterday, Reid said he stood behind the statements made on his blog. "I stand by my beliefs and I will happily debate anyone on them," he said.

TORSTAR NEWS SERVICE

Election 2008

"I stand by my beliefs and I will happily debate anyone on them." Chris Reid

Emmys

Tina in Rockin' form

KEVIN WINTER/GETTY IMAGES

Tina Fey accepts the best writing in a comedy series award for 30 Rock during the 60th Primetime Emmy Awards at Nokia Theatre in Los Angeles yesterday. **More Emmy coverage, pg. 31 and 32**

Viva strike averted with tentative deal

TRANSIT Thousands of York region commuters can breathe a sigh of relief. Viva bus service will run as scheduled today, after a tentative settlement was reached between union representatives and the business running the fleet.

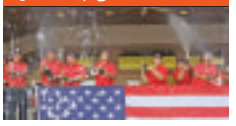
"It will now be up to the members to determine if it is an acceptable settlement. A vote will be held later this week," said Bob Kinnear, Amalgamated Transit Union Local 113 president., in a statement released last night.

The drivers are seeking a 3 per cent wage increase in each year of a three-year contract. The details of the tentative agreement have not yet been released.

TORSTAR NEWS SERVICE

Election 2008 pg 10-12
- Mike Tennant's AdVentures
- Grits ready platform
- Layton's playlist
- Harper's style secret

Sports pg 18



U.S. breaks Ryder curse

Workology pg 26

Depression hurts work

ShareYourViews
torontoletters@metronews.ca

Information access in crisis: Report

Federal delays in responding to public requests for information have reached a "crisis level" as Canada lags behind many other countries on the openness scale, says a new report on access laws around the world.

Despite the problem, promises by the Conservative government to overhaul Canada's Access to Information law were consigned to "the graveyard of needless study" and never implemented, leaving the 25-year-old act far from cutting edge, says the report released yesterday.

The document, "Fallen Behind: Canada's Access to Information Act in the World Context," was prepared by Stanley Tromp, a freelance reporter and coordinator of the freedom-of-information caucus of the Canadian Association of Journalists.

THE CANADIAN PRESS

Lagging in key points?

- On 12 key points, Canada's act fails to meet the international standards of freedom-of-information law set out in a document drafted by a London-based human rights organization in 1999 and later endorsed by the United Nations Special Rapporteur on Freedom of Opinion and Expression, the report says.

Free Daily News Group Inc., operating as Metro Toronto 1 Concorde Gate, Suite 703, Toronto, Ontario M3C 3N6. Publisher: Bill McDonald

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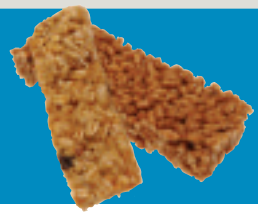
Shots heard, shell casings found — but no shooters or victims
Police are searching for shooters and possible victims after two dozen shell casings were found in the downtown club district at about 4 a.m. yesterday. The discovery came after reports of shots heard at Dundas Street West and University Avenue. TORSTAR NEWS SERVICE

Local



Menu change for prisoners

Inmates attending Durham Region's five courthouses have been receiving a lunchtime snack of one granola bar and juice box since late August after regional police changed the menu "to save staff time, reduce waste, provide a more nutritional meal and save money," according to an internal media briefing note. Previously, they were fed a cheese sandwich on white bread and can of pop.

TORSTAR NEWS SERVICE

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Tomorrow's Metro

Entertainment

Musician Santogold talks about her self-titled debut album, which mixes dub, electronic and indie rock.

metronews.ca
What's online today.

Read today's news highlights in Metro Snapshot
Watch A behind-the-scenes look at the hijinks on Stéphane Dion's campaign plane and meet the personal stylist who holds the key to Stephen Harper's beauty secrets at www.metronews.ca/canada.

Lotteries

Friday, Sept. 19
Super 7 8, 10, 12, 14, 25, 30 & 39. Bonus 7.
Saturday, Sept. 20
Lotto 6/49 2, 10, 24, 31, 33 & 49. Bonus 3.
Sunday, Sept. 21
Ontario Pick 3 045
Ontario Pick 4 4182
Encore 0964166
Daily Keno 2, 3, 4, 18, 22, 26, 27, 33, 35, 36, 39, 40, 43, 45, 47, 48, 52, 59, 64, 70.

These results are not official.

Supermoms' work never done

Women retain homemaker role as work responsibilities grow: Study

BRIAN TOWIE
brian.towie@metronews.ca

Neelam, 38, gets up at 4:45 a.m. and heads to the kitchen to cook two days worth of meals for her sleeping family. She gets her nine-year-old son up at 6 a.m. By 7:15, she has just dropped him off at school, and gunning it for the commuter train that takes her to her 9-to-5 job in Toronto as a team leader at a paycheque distribution company.

At 7:15 p.m., Neelam, who asked that her last name not be published, arrives home to find Dad with Junior, going over homework. They sit down to a family meal, which takes 20 minutes to eat (not including time for dishwashing), usually in front of the TV. If Neelam's daily workload hasn't followed her home, which it can, she's afforded the luxury of approximately one hour of bonding time with her family (which often entails making sure Junior's homework is done before he hits the sack at 8:30 p.m.) and maybe a book before everyone heads to bed at 10 p.m. — to do it all over again the next day. Five days a week, 52 weeks a year minus vacation, sick days and statutory holidays.

It's the life of the supermom and as you can see, it's no walk in the park.

Neelam's case isn't unique. Living La Vida Rapida, a worldwide parenting study exclusively released to Metro's 100 dailies around the world conducted by media research group OMD/AOL, partnering with Ipsos, concludes that while women's responsibilities in the workplace are growing, their traditional homemaker roles remain the same. The survey questioned parents from 13 countries around the world — among them the U.K., U.S., France, Russia, China and Canada — finding career moms can fit 27 hours' worth of activity (or an average of 16 hours awake time), be it career or family-related, into 24 hours. Working mothers surveyed said they provide 66 per cent of the day-to-day parenting, compared to 74 per cent for non-working moms. Dads provided 36 per cent of the parental care.

BRIAN TOWIE/METRO TORONTO

Career moms Sarvjit, left, and Neelam fit 27 hours worth of activities in their 24-hour work and family day.

It takes a toll on motherhood, Neelam says. Demands of the workplace, combined with ensuring a successful education for her child dictates that she plays the role of Sergeant-Major instead of a sympathetic and understanding caregiver.

"I don't have as much time to spend as I would like with my son as a mom." says Neelam. "I'm the one who has to make him do things he doesn't want to do."

It's a sentiment echoed by co-worker Sarvjit, 33, also a team manager. A mother of a seven-year-old-boy and four-year-old girl, Sarvjit, who also asked that her last name not be published, finds herself taking the role of mother and organizer of special events, such as birthday parties.

"It's just faster for me to do it all myself than waste time trying to find help," she adds.

Not to say that the dads are lazy parents. Quite the opposite: Both confirm the men of the house feel they don't spend enough time with their children.

The attitudes reflect the survey. Almost 50 per cent of dads surveyed say they spend more time with their children than their fathers did with them, especially true for British and Spanish fathers at 57 per cent.

Half of all dads on the survey believe men should be entitled to more paternity leave and 60 per cent of parents said men and women should be able to decide how to spend their maternity and paternity entitlements.

Swimmer feared to have drowned

SEARCH A search resumes today for a man who is believed to have drowned while swimming off Centre Island yesterday. Police used search boats into the evening yesterday but failed to recover a body. Police were called to the island by the man's girlfriend. TORSTAR NEWS SERVICE

Non-Muslims share Ramadan meal

TURKISH Sekeriya Balikci and his family are thrilled to break fast with a group of non-Muslims they had just met and enjoy a Turkish meal and mehter music at their modest Cummer Avenue home in the holy month of Ramadan.

The Balikcis, who immigrated to Canada from Istanbul six years ago, are among 200 Turkish-Canadian families in Greater Toronto who invited non-Muslims to their homes to share their fast-breaking experience this Ramadan.

When the month-long festival of fasting, forgiveness, abstinence and charity-giving ends Oct. 1 or 2, depending on moon-sighting, more than 800 non-Muslims will have been matched up for one of these gatherings.

"The idea is to foster friendships," says organizer Varol Soyler, executive director of the Canadian Turkish Friendship Community. TORSTAR NEWS SERVICE

News in brief

DEPORT A crackdown following Auditor General Sheila Fraser's report that uncovered 41,000 unaccounted-for illegal immigrants is derailing Saad Alam's last years at the University of Toronto. The 23-year-old has lived in the GTA for five years. He and his parents are being deported to Bangladesh at the end of the month.

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Man dead after crashing into truck

An 85-year-old Brampton man was killed after his car collided with a transport truck Saturday in the Township West Lincoln, in the Niagara Region. The man crossed the centre line and drove into the westbound lane, directly into the side of the truck. TORSTAR NEWS SERVICE

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No ban in porn trial

A judge has struck down an attempt to bar the public and media from a local child pornography trial that could have had wide-ranging implications for media freedom in Canada.

Justice Nancy Dawson denied an attempt by school principal Linda Carswell to prevent further reporting or public attendance at the trial of her husband, David, a school teacher who was charged in 2005 with possessing child porn on his home computer.

Carswell claimed news reports about the trial affected her health and resulted in a whisper campaign of harassment and intimidation.

Dawson issued her ruling against the ban on Aug. 25, but that decision was itself sealed under another publication ban because Carswell had 30 days to appeal. The judge lifted the latter ban on Friday. TORSTAR NEWS SERVICE

Man falls onto subway tracks

INJURED A 27-year-old Aurora man is recovering in hospital after falling onto TTC subway tracks Saturday night. The man, who was intoxicated at the time, was walking along the edge of the platform at North York Centre station, on the Yonge-University-Spadina line, when he slipped and fell at around 10 p.m., Sgt. Collins of Toronto Police's Traffic Services said. TORSTAR NEWS SERVICE

Teen arrested in Milton killing

SHOOTING Police have arrested a 17-year-old male and charged him with first-degree murder in the slaying last Tuesday of a Humber College student in Milton. Another suspect, however, is still being sought by Peel police in connection with the fatal shooting of Paramprit Dhinsa, 23, in what police say was a drug deal gone bad. The accused teen, who name can't be published under provisions of the Youth Criminal Justice Act, appeared briefly in Brampton court yesterday and was remanded in custody. TORSTAR NEWS SERVICE

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Grocery giant remembered

Theodore P. Loblaw, the man who pioneered the method of grocery shopping used commonly in Ontario today, has been commemorated with a provincial plaque to be erected at the homestead of Loblaw's grandparents, in Alliston, Ont. THE CANADIAN PRESS

Canada

Money talks

Ontario's political leaders all agree the fall session of the legislature, which starts today, will focus on the faltering economy in Canada's former 'economic engine.' THE CANADIAN PRESS

Caregiver sent to work at inn

IMMIGRATION Catherine Manuel came to Canada as a live-in nanny to care for 8-year-old Brent of Toronto. But Brent and his mother never surfaced.

She ended up changing beds, cleaning toilets and painting the decks at the Whispering Pines bed and breakfast in Jackson's Point, on the shores of Lake Simcoe.

"I never wanted this. I did not come here to work illegally." Catherine Manuel

She was underpaid and worked "morning, noon and night" as a cleaner, servant and handywoman.

"I never wanted this," she said. "I did not come here to work illegally."

When the innkeeper suggested she would eventually have to crawl into the attic to insulate the century-old inn, Manuel had had enough. She gave notice and quit.

She is in limbo now because Canadian rules state she must work for the person who hired her — even though the work wasn't what she signed up for.

What Manuel endured happens all too regularly, according to critics and social workers. More than 34,000 nannies and caregivers enter the country each year, and many say abuse happens too frequently.

TORSTAR NEWS SERVICE

Ottawa **Paying tribute**

PATRICK DOYLE/THE CANADIAN PRESS

Members of the Canadian Air Force salute veterans at the 68th anniversary of the Battle of Britain service in Ottawa yesterday.

News in brief

MILITARY A company that supplies knives, flashlights and other equipment to the Canadian armed forces referred to Muslims as "rag-headed, heathen bastards" on its website as recently as yesterday, when the federal government complained. Gear Up Motors' website was replete with other jabs at women and Liberals.

THE CANADIAN PRESS

Activists say poverty problem still looms

In the midst of a crashing economy and a federal election, the return to the legislature of Canada's second largest government today might not attract much attention.

But Briar Perrier will be watching.

She's only nine years old but already there's one issue she cares deeply about: poverty.

"People should have safe, affordable housing and food and warm clothes and beds — not dirty beds, clean beds," said Briar, whose mother Bridget is still working to lift the family out of poverty.

For many of the 1.3 million Ontarians who live in poverty, even Briar's basic list is far out of reach.

Coming up with a comprehensive plan to reduce poverty was supposed to be a top priority on the government's "to-do list" for the remainder of the year. But, with the downturn in the economy, Premier Dalton McGuinty has signalled he may not be doing as much as originally planned.

That's got anti-poverty activists — from the young such as Briar, who has raised over $800 for native housing by selling homemade bracelets, to the established groups such as the 25-in-5 coalition — trying desperately to hold McGuinty to his bold words: "I believe it's one of the best tests of government .... How are we treating those who are less fortunate?"

"Given the state of the economy, it may very well mean that we won't be able to move as quickly as we would have liked." Premier McGuinty

That was last year.

This is his line on poverty reduction from last week: "Given the state of the economy, it may very well mean that we won't be able to move as quickly as we would have liked or as we had originally intended."

McGuinty still says the poverty-reduction plan will be released by the end of the year but that progress on implementing it "will likely" be slower than expected.

"There's been tremendous progress in the past year," said Jacquie Maund, of Ontario Campaign 2000, a coalition focused on ending child poverty and 25-in-5 member.

TORSTAR NEWS SERVICE

Afghanistan's progress real: Canadian commander

CONFLICT It's been a rough few months for Canadian soldiers in Afghanistan, but the outgoing commander of the troops in the field said yesterday that Afghans are making real progress in being able to deal with their own security challenges.

"What we really worked with is enabling the Afghan security forces," said Lt.-Col. Dave Corbould of the Princess Patricia's Canadian Light Infantry, based in Shilo, Man.

Such progress is even more urgent now that Prime Minister Stephen Harper has announced that Canada will end its combat role and withdraw most of its soldiers from Afghanistan in 2011.

Corbould made the remarks as he handed over command of Canada's battle group to the next group of soldiers from the Royal Canadian Regiment, based in Petawawa, Ont.

In remarks after the brief handover ceremony, Corbould said the Afghan army and police have come a long way in both their fighting ability and their credibility with local people.

"That's where the progress has really been made — their interaction with the local nationals and their credibility with the local nationals in order to be a real force in providing security," he said.

"The enemy is realizing (the ANA) is not so easy to hit and get away with it."

Courbold said Afghans are also becoming much more forthcoming in providing information on the location of both Taliban fighters and improvised explosive devices.

While casualties are a concern, he said it's because the Canadian and Afghan armies are in more locations, pressing the Taliban harder.

He also said training in both professional police procedure — including ethics training for the notoriously corrupt Afghan National Police — is starting to pay off.

THE CANADIAN PRESS

Deaths mounting

- Taliban activity doesn't appear to have slackened off. The danger for soliders in the area is ever-present despite Ramadan, the Islamic holy month now nearing an end. Those attacks have taken their toll. Since the spring fighting season began, 19 Canadians have been killed.

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Four new reactors would have 'no significant environmental effects': Bruce Power

As many as four new nuclear reactors on the Lake Huron shore would have "no significant environmental effects," the Bruce Power partnership said Friday as it submitted two years worth of scientific and social analysis to the federal government. THE CANADIAN PRESS

Anti-Palin column stokes anger in U.S.

MEDIA Canadian journalist Heather Mallick is facing an ugly onslaught from the U.S. right-wing media and its fans for a Sept. 5 online column where she wrote that vice-presidential nominee Sarah Palin appeals to "the white trash vote" with her "toned-down version of the porn-actress look."

Thanks to the CBC.ca column, entitled A Mighty Wind Blows Through the Republican Convention, Mallick has been called a "pig" by Fox News anchor Greta Van Susteren, branded an insane Pakistani Muslim by commentators on Fox message boards and received threatening e-mails, some of which include anti-Semitic slurs — despite the fact that she's neither Jewish nor Muslim.

THE CANADIAN PRESS

Montreal launches self-serve bike system

Montreal unveiled its new self-service bicycle system yesterday.

The program, named Bixi — a combination of the words taxi and bicycle — will allow residents to borrow bicycles from one station and drop them off at another.

Twenty-four hundred bikes will be available at 300 stations in six Montreal boroughs.

The service, based on similar public bike systems in European cities like Paris, will be available in the spring of 2009.

People will be able to travel Montreal by bike starting next year.

The $15 million system was paid for by Stationnement de Montreal, a company that manages the city's on-street parking.

They hope to recoup their investment through membership fees.

Memberships will cost $78 per year, $28 per month and $5 for the day.

A bike can also be borrowed free for 30 minutes.

The bikes, designed entirely in Quebec, are made of 100 per cent recyclable aluminum. The parking stations are also powered by solar energy.

THE CANADIAN PRESS

Do you have cat allergies?

Allied Research International is seeking people with cat allergies to assess the effectiveness of an investigational vaccine for the treatment of cat allergies.

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Winnipeg councillor wants to get rid of yapping dogs

BYLAW A Winnipeg councillor wants his city to be one of the first in Canada to give animal inspectors the power to take away dogs who yap incessantly.

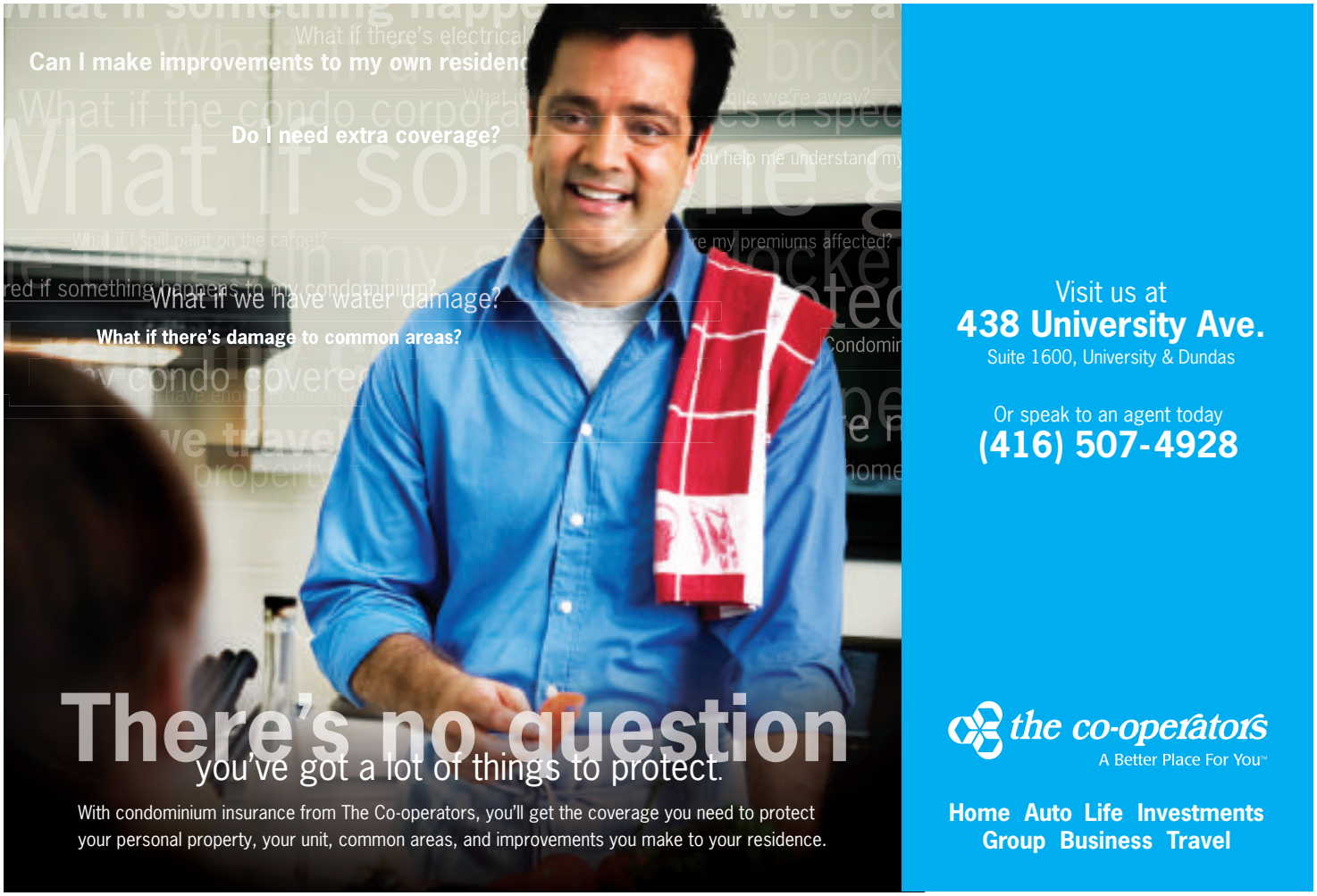
"If (barking dogs are) identified as a major quality-of-life issue, we ought to be able to do something," said Coun. Mike Pagtakhan

The city should have the power to take dogs away after owners are warned three times, he said.

City staff are studying the possibility and are expected to make a recommendation in a few months. THE CANADIAN PRESS

Immigration

Read this week's column at metronews.ca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Offer ends September 30, 2008. Available with compatible devices within Bell Mobility high speed mobile network coverage areas. Other monthly fees, i.e., e9-1-1 (75¢), system access (not a government fee) ($8.95), and one-time device activation ($35) apply. Subject to change without notice; not combinable with other offers. Taxes extra. Other conditions apply. (1) With new activation on a monthly voice plan with a min. Fun 15 bundle. Rebate applies on device before taxes in-store or on the account otherwise; allow 4 to 6 weeks. You must keep the Fun bundle for 12 months after activation, otherwise a one-time data service price adjustment of $99 will be charged on your account. (2) With new activation on a monthly voice plan. (3) With new activation on a monthly voice plan and a data feature with a total min. value of $45/mo. Samsung Instinct is a trademark of Samsung Electronics Co., Ltd., and its related entities. Double-flip is a trade-mark of Bell Canada. BlackBerry®, RIM®, Research In Motion®, SureType® and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. Rumour is a trademark of LG Electronics Inc. Windows Live is a trademark of Microsoft Corporation in the United States and/or other countries.

Liberals would increase arts and culture spending: Dion
A Liberal government would not only reverse Conservative cuts to arts and culture, but increase spending in these areas by $530 million over four years, party leader Stéphane Dion said Saturday. TORSTAR NEWS SERVICE

Election 2008

Ads should have commentary

Behind-the-scenes talk about attack campaigns could uncover meaning

AdVentures

What campaign attack ads need is a commentary track, just like the ones that come on DVDs and Blu-ray discs, except these commentaries would tell you what the people behind them are really thinking.

Take the Tory ad warning about "gambling" on Stéphane Dion. A slot machine produces three images of Dion, punch line: Gamble on Dion and — wait for it — you lose. Switch to a commentary track and I bet you'd hear this:

"Welcome to a 30-second world where Stephen Harper is utterly perfect and Stéphane Dion is absolutely incompetent. Oh, and if you don't mind horribly, we're going to treat you like an idiot, incapable of supporting us on our merits.

"Let's face it — there's no second prize in an election; we can't afford to admit we're mere mortals, or to let you like Mr. Dion, even a little.

"And, frankly, we'd much rather ridicule Mr. Dion than talk about handguns, child poverty, or what Gerry Ritz passes off as a sense of humour."

And the Grits? The Liberal's new "Harpernomics" ad accuses the Conservatives of coddling corporate polluters, cutting development programs and engaging in divide-and-conquer politics. Its commentary track might say:

"If you think we can convey complicated economic policy in 30 seconds, you're out of your gourd, pal. So let's stick with name calling. 'Harpernomics' packs imagery of Ronald Reagan and '80s trickle-down economics into four tidy syllables. How's that for economy?

"We, too, will treat you like a moron, playing hopeful music and showing pretty pictures when we talk about ourselves, and draining colour from the pictures when we talk about Mr. Harper. Remember how all the bad guys in Ben-Hur and Star Wars had British accents so you could tell them apart? Same idea.

"With luck, it will help you forget that little matter of the billion dollars we misplaced in Quebec in the '90s, or that we signed the Kyoto Accord, and — whoops — forgot to act on it.

"Confidentially, we know Canada won't really slide into the sea if you elect the Tories. But until more Canadians tear themselves away from House and So You Think You Can Dance long enough to study issues and attend candidates' meetings, these asinine attack ads are all we've got.

"Besides, if all our ads were positive, do you really believe we'd still get all that free airplay from the talking heads on those political panel shows?"

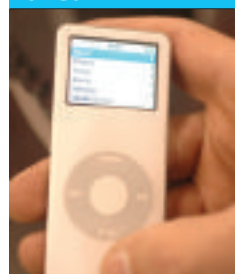
Mike Tennant is a freelance ad writer and co-creator/writer of Terry O'Reilly and the Age of Persuasion on CBC Radio One.

On the web

Links to ads discussed in this column:

- Tories: www.youtube.com/watch?v=tWYcJnoU_EA
- Grits: www.youtube.com/watch?v=2TRpNo75qPU

Tuned in



Layton hopes times a changin'

MUSIC Reporters travelling with Jack Layton were welcomed into the inner sanctum of his musical tastes when he connected his iPod to the loudspeaker on his campaign plane on the weekend.

As expected, the strains of War by Edwin Starr could be heard, but there was also Kung Fu Fighting by Carl Douglas and Vivian Hawke, and Shaft by the recently deceased Isaac Hayes.

There was some Canadian content — notably Four Strong Winds by Ian and Sylvia, Big Yellow Taxi by Joni Mitchell and a lively a capella version of Barrett's Privateers — but Layton was also eager to sing Bob Dylan's The Times They Are a Changin' and pointed out the political themes.

TORSTAR NEWS SERVICE

Numbers

Tories nearing majority: Poll

SURVEY A new poll suggests the Tories are inching toward being in a position to win a majority.

A Canadian Press Harris-Decima survey taken over the last four days shows the Tories rising to 39 per cent support while the Liberals remain at 23 per cent.

The poll surveys 300 people a night in a rolling national sampling and the figures are based on interviews with at least 1,252 people Sept. 17-20, with a margin of error of 2.7 percentage points, 19 times in 20. THE CANADIAN PRESS

B.C. All aboard

RAFE ARNOTT/METRO CANADA

Elizabeth May hops aboard the Green Train in Vancouver yesterday. The train will pass through communities along the Via Rail line during the Green party's zero-carbon national election campaign.

Grits won't put Canada into deficit: Platform

The Liberals are to release their campaign platform today, spelling out how they plan to pay for their big-ticket promises.

The Liberals say the platform, A Richer, Fairer, Greener Canada, will be fully costed and fiscally responsible.

"A Liberal government will never put Canada into deficit. Period," the party said in a statement yesterday. "We are committed to balanced budgets, which is why all the commitments in this platform are set within a prudent fiscal framework."

That includes a contingency reserve of $3 billion a year, to be applied to the debt if it's not used.

The detailed plan will carry them through to the Oct. 14 election and, if they win the vote, into government.

TORSTAR NEWS SERVICE

Programs

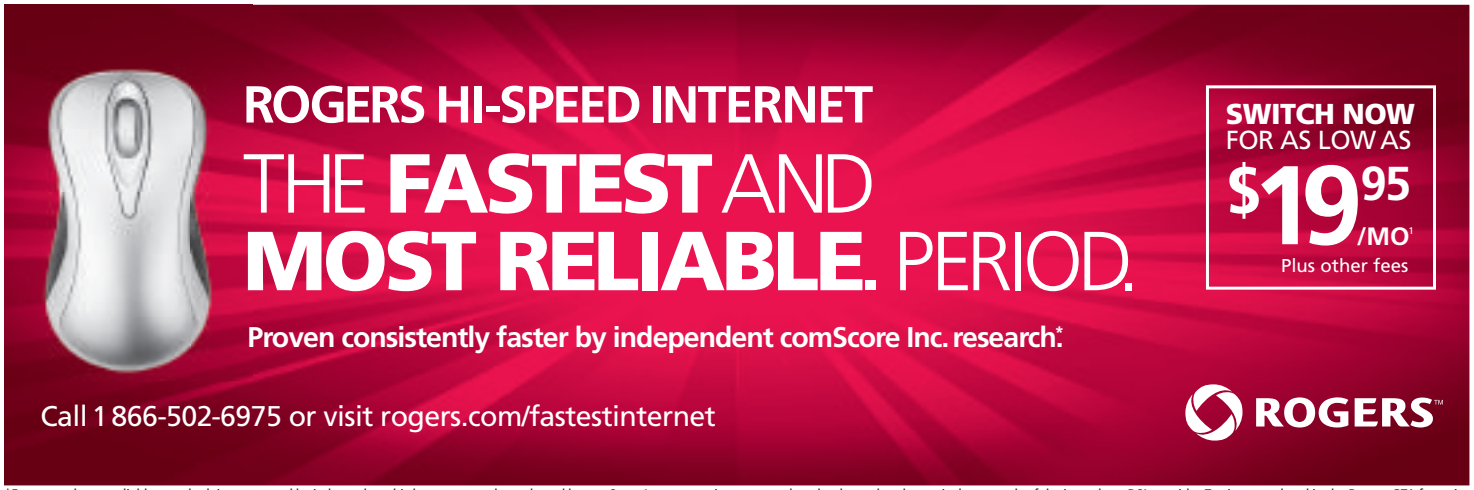
- It will flesh out previously announced programs and build around the Green Shift environmental plan, which features a tax on fossil fuels while cutting income taxes to cushion the blow.

News in brief

GUNS A federal New Democratic government would empower provinces, cities, and towns to ban handguns if they so choose, says Jack Layton.

TORSTAR NEWS SERVICE

22 days remain until the 2008 Canadian federal election



*Fastest and most reliable speeds claim supported by independent third-party research conducted by comScore Inc., comparing average download speed to the equivalent speeds of the incumbent DSL provider. Testing completed in the Rogers GTA footprint from January 18th 2008 to May 31st 2008. 1. Offer available for a limited time and is subject to change without notice. Rogers Hi-Speed Internet Lite is available for $19.95/month for the first 6 months. Taxes are extra. A $14.95 one-time activation fee and a $3.00 monthly modem rental fee applies. Regular monthly rates apply after promotional period. Installation charges may apply. ™Trademark of Rogers Communications Inc. used under license. © 2008

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12 canada

Did you know?
In 1970, an amendment to the Canada Elections Act lowered the voting age and the minimum age to be a candidate from 21 years to 18. ELECTIONS CANADA

Election 2008

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Style behind PM

She is blond, vivacious, wears mirrored sunglasses and hauls around a duffel bag stuffed with Stephen Harper's beauty secrets.

Michelle Muntean, the prime minister's personal stylist, shadows him wherever he goes on the campaign trail. She ensures he's polished and pressed whether he's live on TV or touring factories.

Muntean sits at the front of the Conservative aircraft, often complimenting the style or flair of journalists who pass by on their way to the back.

"I love that tie," to one passenger.

Then, "yours too," to the next person.

Those with poor fashion sense would generally be met with polite silence.

But that's pretty much where the interaction stops. Muntean, a gregarious former TV makeup artist, does not discuss her work with Canada's top politician. And Harper's inner circle has steadfastly refused to reveal the extent to which taxpayers foot the bill for her expertise.

TOM HANSON/THE CANADIAN PRESS

Michelle Muntean, Prime Minister Stephen Harper's stylist, carries her supplies from the campaign plane recently.

Also off-limits are reports that Muntean has gifts of clairvoyance that are of special interest to Harper's first lady, Laureen.

Muntean "doesn't do interviews," said Carolyn Stewart Olsen, a spokeswoman for the prime minister.

That said, Olsen confirmed that the image adviser is a campaign staffer paid by related funds until election night, Oct. 14 — a red-carpet political event if there ever was one.

After that? Past practice suggests she'll go back to being a mystery figure whose salary and its source have been closely guarded.

The opposition NDP tried to get answers last year. They submitted a formal question in the House of Commons that requires a government answer, but received no details.

Yet the Prime Minister's Office has said she is considered part of his "travel staff" and that her salary is not picked up by the Conservative Party of Canada.

That leaves the House of Commons as the last likely source of Muntean's paycheques.

THE CANADIAN PRESS

OnlineVideos
metronews.ca

Judgment

NDP'er sorry for removing clothes

B.C. An NDP candidate in British Columbia apologized yesterday for removing his clothes in front of minors at an environmental retreat 12 years ago.

Julian West said in a statement that he made a "serious error in judgment" by shedding his clothes a number of times, but stressed that nothing else inappropriate occurred.

West, who is running against Natural Resources Minister Gary Lunn in Saanich-Gulf Islands, said he apologized at the time, but he felt he had to do so again. THE CANADIAN PRESS

News in brief

TRAVEL Where the leaders are today: Stephen Harper — Ottawa, Dryden, Ont.; Stéphane Dion — Ottawa, Calgary; Jack Layton — Toronto, Hamilton, Montreal, Quebec City; Elizabeth May — Kamloops, B.C., Jasper, Alta., Hinton, Alta., Edmonton.
TORSTAR NEWS SERVICE

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- Five-star frontal crash test rating◊
- Available in 5-door or Sedan

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★★★★★
FIVE-STAR FRONTAL CRASH TEST RATING◊

DRIVE 1048km
HWY ON ONE TANK OF GAS
HWY: 6.2 L/100km (46 MPG
CITY: 9.2 L/100km (31 MPG▲

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For the latest information, visit us at chevrolet.gm.ca, drop by your local Chevrolet Dealer or call us at 1-800-GM-DRIVE. ‡Purchase financing available for 72 months, available on 2009 Chevrolet Cobalt sedan XFE 1SP. Financing available on approved GMAC credit only. Down payment, trade and/or security deposit may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Example: $10,000 at 0%/1.78%, the monthly payment is $138.89/$146.54 for 72 months. Cost of borrowing is $0/$550.88. Freight and taxes are not included for bi-weekly payment. Bi-weekly payments based on a purchase price of $14,400 with $0 down payment. †Offer applies to the cash purchase of 2009 Chevrolet Aveo5 LS 1SM new or demonstrator model. Cash purchase price reflects discounts or other incentives that are only available when consumers opt for a cash purchase offer. By selecting lease or finance offers consumers are foregoing such discounts and incentives which will result in a higher effective interest rate. ♦Offer applies to the cash purchase of 2009 Chevrolet HHR LS 1SM new or demonstrator model. ††Freight ($1,725), license, insurance, registration, PPSA, administration fees and taxes are not included. Offers apply as indicated to the purchase of 2009 new or demonstration models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais and excluding Northwestern Ontario). Dealer order or trade may be required. Dealers may sell for less. Limited time offer which may not be combined with other offers. See your dealer for complete details. ▲2009 Aveo/Aveo5 model with manual transmission (with 45 L fuel tank). 2009 Cobalt LS XFE model with manual transmission (and 50 L fuel tank). 2009 HHR LS/Panel LS model with manual transmission (and 50 L fuel tank). Based on GM Testing in accordance with approved Transport Canada test methods. Your actual fuel consumption may vary. ▪2009 Cobalt LS XFE model with manual transmission (and 50 L fuel tank). 2009 HHR LS/Panel LS model with manual transmission (and 45 L fuel tank). Based on GM Testing in accordance with approved Transport Canada test methods. Your actual fuel consumption may vary. ◊2009 Aveo/Aveo5 vs. 2008 Aveo/Aveo5 with other offers. See your dealer. GM Positions and details. ‡‡Offer applies to purchase of 2009 Chevrolet Aveo5 LS 1SA new or demonstrator model. Cash purchase price reflects discounts or other incentives that are only available when consumers opt for a cash purchase offer. 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Federal judge orders Dick Cheney to preserve official records

A federal judge Saturday ordered Dick Cheney to preserve a wide range of records from his time as vice-president. The decision is a setback for the administration in its effort to promote a narrow definition of materials that must be safeguarded by the Presidential Records Act. THE ASSOCIATED PRESS

World

McCartney to bring peace

Paul McCartney says he will bring a message of peace during his visit to Israel this week, when he performs at a concert in Tel Aviv Thursday. Last week a radical Lebanese cleric, Omar Bakri Mohammed, urged McCartney to cancel the visit out "of respect of the feelings of Muslims in Palestine."

THE ASSOCIATED PRESS

Hong Kong hit by tainted milk

A three-year-old Hong Kong girl is reported to have fallen ill from dairy products contaminated with melamine.

Officials in the semi-autonomous territory say the girl has been diagnosed with a small kidney stone.

She is reported in good condition and has been discharged from hospital without needing either surgery or medication.

Still, it is the first sickness reported outside mainland China, where tainted dairy products are reported to have killed four children and sickened more than 6,200 others.

Officials say the girl had been drinking two or three cups of low-fat milk made by the Chinese dairy Yili Industrial Group Co. every day for the last 15 months.

Mainland authorities have recalled milk and dairy products from 22 Chinese companies — including Yili and Mengniu Dairy Group Co. — after samples were found to contain melamine.

The Hong Kong government and individual retailers and dairy companies have also tested local inventories and issued recalls in the separately ruled Chinese territory.

Yesterday, the Hong Kong government said its tests have found melamine in Chinese-made Nestle-brand milk and ordered the product recalled.

THE ASSOCIATED PRESS

Raid **Child-porn investigation**

DANNY JOHNSTON/THE ASSOCIATED PRESS

A man patrols the Tony Alamo Christian Church in Fouke, Ark., yesterday. Six children are in temporary custody following a police raid on the church compound as part of a child-porn investigation. A prosecutor said an arrest warrant was likely.

Migrant worker stabs 12

CHINA State media in China reports that a migrant worker has stabbed 12 people, injuring two of them seriously.

The official Xinhua News Agency says the man attacked the people in Shiyan city in Hubei province in central China Saturday.

Xinhua says the man, identified as Li Zehong, 46, then stabbed himself in the stomach.

His injury was not life-threatening

No reason was given for the attack.

Reports of violent crime are relatively rare in China, though they have become more common in recent years as the country's rapid economic growth has exposed gaps in its social safety net.

THE ASSOCIATED PRESS

News in brief

CHINA A fire caused Saturday by fireworks set off inside a nightclub and a stampede of panicked partygoers trying to escape has killed at least 43 people and injured at least 88 in southern China.

AFGHANISTAN The UN said tens of thousands of U.S., NATO and Afghan soldiers refrained from offensive operations to mark International Peace Day yesterday.

POLITICS Israeli Foreign Minister Tzipi Livni wasted no time yesterday working to put together a new government, meeting with potential coalition partners even as outgoing Prime Minister Ehud Olmert formally resigned.

THE ASSOCIATED PRESS

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Scientists puzzled by vast blooming of algae in Lake Erie
Giant floating fields of algae are back in strength this year on Lake Erie and scientists are trying to figure out why. They say one possibility is that more phosphorus is getting into the lake more quickly as a result of run-off from increased suburban development. THE ASSOCIATED PRESS

Ocean debris to worsen, threaten wildlife: Report

Birds and turtles are developing digestive problems as their stomachs fill with plastic they mistakenly believe is food. The endangered Hawaiian monk seal population is struggling as many of the mammals get entangled in improperly discarded fishing nets.

These examples underscore that efforts to prevent and reduce ocean debris are inadequate and the problem will likely worsen, according to a congressionally mandated U.S. report released Friday.

The report by the National Research Council recommends the U.S. take the lead in co-ordinating regional management of marine debris.

It said international maritime regulations should be changed to ban the dumping of trash into the ocean.

The study recommended Congress designate a lead agency to address problems like derelict fishing gear, ship waste and abandoned vessels.

International regulations also should be modified to prohibit the discharge of all garbage at sea, the report said.

THE ASSOCIATED PRESS

Workers search for survivors after Pakistan terrorist attack

PAKISTAN Workers searched for survivors in the charred remains of the Marriott Hotel in Pakistan's capital yesterday, a day after a dump truck with a tonne of explosives set off a fiery blast that shattered the hotel and killed at least 53 people.

The hotel — a favourite spot for foreigners and the Pakistani elite and a previous target of militants — still smouldered from a fire that raged for hours after the previous day's explosion, which also wounded at least 250 people.

The targeting of the American hotel chain was one of the largest terrorist attacks ever in Pakistan and came at a time of growing anger in Pakistan over a wave of cross-border strikes on militant bases in Afghanistan by U.S. forces.

THE ASSOCIATED PRESS

News in brief

POLITICS South African President Thabo Mbeki has said he will resign as soon as a new president can be chosen, a day after the ruling African National Congress party demanded that he step down.

SRI LANKA Thousands of ethnic Tamil civilians lined up at schools and Hindu temples in Sri Lanka's capital yesterday to comply with a police order requiring all who moved to Colombo from the island's north to re-register with the police. THE ASSOCIATED PRESS

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YM BioSciences reports $14.9M loss in fiscal year

Toronto-based YM BioSciences said it lost $14.9 million, or 27 cents per share, for the financial year. Its shares were hammered last month after lukewarm preliminary results of a Phase 2 study for nimotuzumab, a colorectal cancer drug. THE CANADIAN PRESS

Business

Apple recalls iPhone plug

Apple Inc. Friday advised iPhone 3G users in many countries to replace the device's Apple Ultracompact USB Power Adapter following reports that metal prongs broke off and stuck in power outlets, creating a risk of electric shock.

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Judge OK's Lehman sale

U.S. CREDIT CRISIS A bankruptcy judge decided just after midnight Saturday Lehman Brothers can sell its investment banking and trading businesses to Barclays, the first major step to wind down the nation's fourth-largest investment bank.

The deal was said to be worth $1.75 billion US earlier in the week, but the value was in flux after lawyers announced changes to the terms Friday. It may now be worth closer to $1.35 billion, which includes the $960 million price tag on Lehman's Midtown Manhattan office tower.

THE ASSOCIATED PRESS

Bailout plan touted

U.S. government asks Congress for $700B

U.S. Treasury Secretary Henry Paulson said yesterday that U.S. credit markets remain frozen and Congress must move quickly to pass a $700 billion US bailout package for financial firms.

But key Democrats said the legislation needs changes to provide better protections for taxpayers and homeowners in danger of losing their homes.

"The credit markets are still very fragile right now and frozen," Paulson told NBC's Meet the Press. "We need to deal with this and deal with it quickly."

"We need to deal with this and deal with it quickly."
Henry Paulson

Democrats said they understood the need for urgency but insisted that the measure needed to provide help for homeowners threatened with losing their homes, perhaps by changes in bankruptcy laws to allow for mortgages to be modified, and by capping pay and benefit packages for executives at the huge Wall Street firms that will be selling their bad debt to the government.

The proposed legislation would allow the government to purchase hundreds of billions of dollars worth of bad debt linked to the collapse of the housing market.

It would be the biggest government intervention since the Great Depression. It would dole out huge sums of money to financial firms to purchase their holdings of bad mortgage-backed securities so that these firms can resume normal lending operations.

THE ASSOCIATED PRESS

Deep-water oil well ticket to India's energy independence

OIL Reliance Industries Ltd. has started pulling greenish sludge from 2,400 metres beneath the Bay of Bengal, the first drops of light sweet crude pumped by Mukesh Ambani's company.

That sludge, Ambani says, is India's ticket to energy independence and Reliance's entry into the club of global energy majors.

"It proves that we can disprove the naysayers of the world, who had written off India's ability to produce its own oil and gas," Ambani said yesterday.

India, the world's fifth-largest energy consumer, imports about three quarters of its oil.

Within 18 months, oil and gas production from its blocks will increase domestic production by 40 per cent, potentially saving the country about $20 billion US, Reliance said.

THE ASSOCIATED PRESS

Business in brief

CORPORATE Canadian chief executives likely won't be squeezed by U.S. efforts to curb high compensation, said an industry expert, because Canadian pay earned pales in comparison to those in the U.S.

THE CANADIAN PRESS

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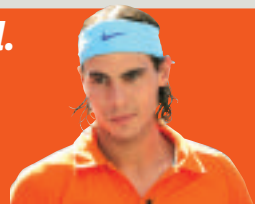
Sabres give GM contract extension

The Buffalo Sabres announced they have signed general manager Darcy Regier to a two-year contract extension. Regier, who has been the GM of the team since 1997, is entering his 12th year as the GM of the club and his current contract will carry him through to 2010-11. METRO NEWS SERVICES

Sports

"Today I played very well. I shocked myself with some of the winners."

Rafael Nadal, right, speaking about his win and carrying Spain into the Davis Cup finals against host Argentina



Spain in final

Rafael Nadal continued his amazing 2008 season with a rout of American Andy Roddick to send Spain into the Davis Cup final.

METRO NEWS SERVICES

EDITOR: BEN RYCROFT SPORTS@METRONEWS.CA

Killing their Ryder Cup curse

U.S. team defeats Europe for first time since 'Miracle at Brookline'

The Americans didn't need a miracle putt or even the best player in the world to take back the Ryder Cup.

Strong as a team, strong as individuals, the Americans rode the emotion of a flag-waving crowd and its two Kentucky players on Sunday to win the Ryder Cup for the first time since 1999.

Kenny Perry, the 48-year-old native son who felt this week would define his career, was part of an early push that swung momentum toward the Americans. Then came fellow Kentuckian J.B. Holmes, blasting drives over the trees to birdie his last two holes and position the United States for a victory it felt was overdue.

The Ryder Cup was clinched with a handshake when Miguel Angel Jimenez conceded a short par putt to Jim Furyk, giving the Americans the 14 1/2 points they needed to take possession of the 17-inch gold chalice.

DAVID J. PHILLIP/THE ASSOCIATED PRESS

Members of the United States Ryder Cup team celebrate with champagne after winning Ryder Cup golf tournament at the Valhalla Golf Club, in Louisville, Ky., yesterday.

Dressed in red shirts — the Sunday color of Tiger Woods, who could only watch from home while recovering from knee surgery — the Americans erupted into hugs and tears behind the 17th green.

"I poured my heart and soul into this for two years," U.S. captain Paul Azinger said, his voice cracking. "The players poured their heart and soul into this for one week. They deserved it. I couldn't be happier."

> **"The players poured their heart and soul into this for one week. They deserved it. I couldn't be happier."**
> Paul Azinger

It was the largest margin of victory for the Americans since 1981. And it was only fitting that Furyk won the decisive point. The only U.S. victory over the last 15 years was in 1999, and only after Justin Leonard knocked in a 45-foot birdie putt to complete the greatest comeback ever in the "Miracle at Brookline."

THE ASSOCIATED PRESS

Big chances for young players at Leafs camp

NHL When John Mitchell entered the Leafs dressing room for the opening of training camp Friday, his name was among 29 players designated for what could become the team's NHL roster.

John Mitchell

In no uncertain terms, this was Mitchell's chance — the first concrete sign the organization felt he deserved to be on the big league roster.

"You can tell by what (GM Cliff Fletcher) is saying that there's lots of (opportunity), that the team wants to rebuild," said Mitchell, who will be in the lineup tonight when the Leafs meet the Sabres at the Air Canada Centre for the club's first exhibition game.

Mitchell's inclusion on the NHL roster for training camp represents a reward for a standout season in the AHL last year. The timing appears right for the native of Waterloo, Ont., to take the next step into the NHL, but the team has also brought in other promising forwards like Nikolai Kulemin and Mikhail Grabovski, which creates a battle for jobs in camp. TORSTAR NEWS SERVICE

Sports in brief

NBA Boston Celtics forward Darius Miles was suspended by the NBA for 10 games after violating the league's anti- drug program. Miles, the third overall pick of the 2000 draft, is suspended without pay, for violation with amphetamines.

NBA President George W. Bush welcomed the NBA champion Boston Celtics to the White House over the weekend to celebrate the team's 17th NBA championship.

FIFA Iraq's national soccer team resumed training in Baghdad for the first time since the U.S.-led invasion in 2003. Iraq has not played a home game in nearly two decades because of wars and sanctions.

HORSE Exactly one month after claiming the Individual Gold Medal at the Olympics, show jumping athlete Eric Lamaze of Schomberg, Ont., placed second at the Grand Prix of Deauville. METRO NEWS SERVICES

Two in a row for Biffle in the Chase

NASCAR Greg Biffle made it 2-for-2 in the Chase for the championship, making another late pass — this time with nine laps to go — and holding off Matt Kenseth and Carl Edwards yesterday.

Roush Fenway Racing teammates Biffle, Kenseth and Edwards engaged in a thrilling run over the final 20 laps at Dover International Speedway, but Biffle made another textbook move to the outside late to pull away.

> **"You hate to get beat when you're in those battles."**
> Matt Kenseth

"That was probably the best race I've seen in a long time," Kenseth said. "You hate to get beat when you're in those battles."

Biffle, the winner last week at New Hampshire after passing Jimmie Johnson with 12 laps left, is third in the Chase points standings. Biffle and Johnson are both 10 points behind Edwards for the lead, but Johnson holds the tiebreaker. Jeff Gordon started at the poll position but finished seventh.

THE ASSOCIATED PRESS

Airfares

Montreal	Travel Oct 10-Oct 20/wg	**$29** + taxes & fees $122
Orlando	Travel Sep 27-Oct 4/5g	**$29** + taxes & fees $130
Nassau	Travel Sep 28-Oct 5/c6	**$197** + taxes & fees $287
Amsterdam	Travel Oct 12 - Oct 19/ts	**$199** + taxes & fees $444
Paris	Travel Oct 21-Oct 29/ts	**$279** + taxes & fees $395
Los Angeles	Travel Oct 6-Oct 15/ac	**$299** + taxes & fees $238
Puerto Rico	Travel Feb 8-Feb 15/wg	**$495** + taxes & fees $220

All-inclusive Holidays

Punta Cana — *Grand Paradise Bavaro* — **$297** + taxes & fees $219
INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom. Departs Oct 3/sqv/5g. **UPGRADE** to 5-star accom from $22 per night.

Mayan Riviera — *Riu Lupita* — **$347** + taxes & fees $177
INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom. Departs Sep28/sqv/5g. **ADD** beach and jungle horseback riding tour with lunch from $82.

Puerto Vallarta — *Plaza Pelicanos* — **$397** + taxes & fees $177
INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom. Departs Sep 26/sqv/5g. **UPGRADE** to 5-star accom from $22 per night.

Holidays

Las Vegas — *Circus Circus* — **$299** + taxes & fees $212
INCLUDES roundtrip airfare and 4 nights 3-star accom in the heart of the Las Vegas Strip. Departs Dec 11/inf/wg. **ADD** 2-hour evening helicopter tour of the Las Vegas Strip for $96 per person.

New England Fly & Drive — **$399** + taxes & fees $111
INCLUDES roundtrip airfare to Boston and 7-day car rental with unlimited milage to discover the New England coast. Departs Oct 17/inf/aa.

Orlando — *Disney's All Star Resort* — **$639** + taxes & fees $160
INCLUDES roundtrip airfare and 6 nights 3-star accom. Departs Sep 30/inf/ws. **ADD** 5-Day *Disney World Magic Your Way* Base Ticket from $251.

Cruise & Tour Holidays

Western Caribbean Cruise — *Carnival Cruises* — **$235^** + taxes & fees $98
INCLUDES 4 nights aboard the *Carnival Imagination.* Sails roundtrip from Miami and visits Key West and Cozumel, Mexico. Sails Dec 15.

Africa Tour — *South Africa Discoverer* — **$785** + local payment of USD200
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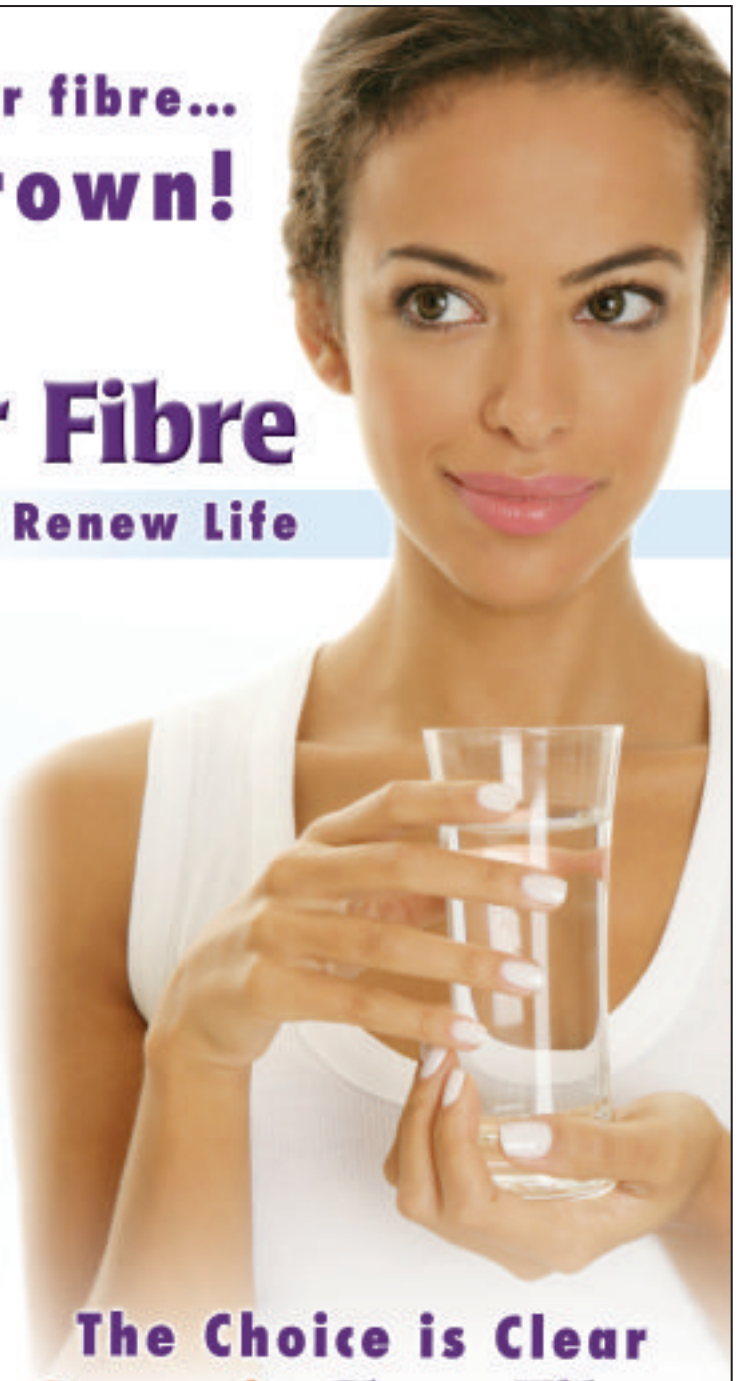

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SATISFACTION OR MONEY BACK

Selanne signs tryout agreement

The Anaheim Ducks have announced that All-Star winger Teemu Selanne has signed a tryout agreement with the team and will participate in training camp. METRO NEWS SERVICES

Giving up the ghosts

Sun sets on New York's legendary Yankee Stadium

Even Yogi Berra knew this was the end.

As baseball said farewell to Yankee Stadium, one of the game's most beloved players stood beneath the stands in a full vintage uniform. Now 83, the man who coined the phrase "it ain't over till it's over" put his own stamp on the day.

"I'm sorry to see it over, I'll tell you that," Berra said.

The goodbye completed an 85-year-old run for the home of baseball's most famous team. What began with a Babe Ruth home run on an April afternoon in 1923 was likely to end with Mariano Rivera pitching on a September night.

All the greats were remembered, with fans wearing a collection of jerseys that could fill a Hall of Fame. On one subway car alone, there were shirts with Derek Jeter's No. 2, the Babe's No. 3, Mickey Mantle's No. 7, Phil Rizzuto's No. 10 and Don Mattingly's No. 23.

Fans were allowed on the field starting at 1 p.m. and entered through the left-field seats not far from where Aaron Boone's home run landed five years ago.

Visitors touched the 24 plaques and six monuments, posed next to them for family photos. Under the kind of cloudless sky that made people recall summer days of yore, they slowly circled the warning track.

Some posed along the 318-foot sign in the left-field corner of the pock-marked fence, raising baseball gloves along the top of the blue-padded wall as if they were making leaping catches. Others stood alongside the 408 sign in centre. Some covered their hands with dirt and put their hand prints on an advertisement with a black background.

Thousands of police and security filled the worn aisles to ensure the fans didn't walk away with the ballpark's guts — which will be sold piece by piece to collectors. Many fans have been arrested and screwdrivers confiscated during the past week.

THE ASSOCIATED PRESS

STEPHEN CHERNIN/THE ASSOCIATED PRESS

A subway train running above ground passes by Yankee Stadium yesterday in New York. The New York Yankees were scheduled to play what is likely to be the final baseball game at the stadium, against the Baltimore Orioles.

SCOREBOARD

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	PCT	GB
y-Tampa Bay	92	62	.597	—
x-Boston	91	64	.587	1½
New York	84	71	.542	8½
Toronto	83	73	.532	10
Baltimore	67	86	.438	24

CENTRAL DIVISION

	W	L	PCT	GB
Chicago Sox	86	69	.555	—
Minnesota	84	72	.538	2½
Cleveland	78	77	.503	8
Detroit	71	83	.461	14½
Kansas City	70	86	.449	16

WEST DIVISION

	W	L	PCT	GB
x-L.A. Angels	96	59	.619	-
Texas	75	81	.481	21½
Oakland	73	81	.474	22½
Seattle	57	97	.370	38

NATIONAL LEAGUE

EAST DIVISION

	W	L	PCT	GB
Philadelphia	87	68	.561	-
New York	86	69	.555	1
Florida	81	73	.526	5½
Atlanta	69	87	.442	18½
Washington	58	98	.372	29½

CENTRAL DIVISION

	W	L	PCT	GB
Chicago Cubs	94	60	.610	-
Milwaukee	85	71	.545	10
Houston	82	73	.529	12½
St. Louis	80	75	.516	14½
Cincinnati	72	83	.465	22½
Pittsburgh	65	91	.417	30

WEST DIVISION

	W	L	PCT	GB
L.A. Dodgers	81	74	.523	-
Arizona	78	77	.503	3
Colorado	71	85	.455	10½
San Francisco	69	86	.445	12
San Diego	61	95	.391	20½

(w — teams currently holding wild-card spots; x — clinched division title; y — clinched playoff spot)

YESTERDAY'S RESULTS

AMERICAN LEAGUE

Boston 3 Toronto 0
Chicago W. Sox 3 Kansas City 0
Cleveland 10 Detroit 5
L.A. Angels 7 Texas 3
Minnesota 4 Tampa Bay 1
Seattle at Oakland
Baltimore at N.Y. Yankees

NATIONAL LEAGUE

Arizona 13 Colorado 4
Atlanta 7 N.Y. Mets 6
Chicago Cubs 5 St. Louis 1
Houston 6 Pittsburgh 2
Milwaukee 8 Cincinnati 1
San Diego 6 Washington 2
Philadelphia at Florida
San Francisco at L.A. Dodgers

TODAY'S GAMES

AMERICAN LEAGUE

Cleveland at Boston 7:05
Kansas City at Detroit 7:05
Tampa Bay at Baltimore 7:05
Oakland at Texas 8:05
L.A. Angels at Seattle 10:10

NATIONAL LEAGUE

Florida at Cincinnati 1:10
Atlanta at Philadelphia 7:05
Chicago Cubs at N.Y. Mets 7:10
Arizona at St. Louis 8:15

CFL

EAST DIVISION

	W	L	T	PTS
Montreal	8	4	0	16
Winnipeg	4	8	0	8
Toronto	4	8	0	8
Hamilton	2	10	0	4

WEST DIVISION

	W	L	T	PTS
Calgary	8	4	0	16
Saskatchewan	8	4	0	16
Edmonton	7	5	0	14
B.C.	7	5	0	14

SUNDAY RESULT

MONTREAL 40 EDMONTON 4

NFL

WEEK 3

SUNDAY'S GAMES

Atlanta 38 Kansas City 14
Buffalo 24 Oakland 23
Miami 38 New England 13
Minnesota 20 Carolina 10
N.Y. Giants 26 Cincinnati 23 (OT)
Tampa Bay 27 Chicago 24 (OT)
Tennessee 31 Houston 12
Washington 24 Arizona 17
St. Louis at Seattle
Detroit at San Francisco
New Orleans at Denver
Cleveland at Baltimore
Jacksonville at Indianapolis
Pittsburgh at Philadelphia
Dallas at Green Bay

TONIGHT'S GAME

N.Y. Jets at San Diego, 8:30

Al's trounce Edmonton

CFL The Montreal Alouettes owned the football, and there was little the shell-shocked Edmonton Eskimos could do about it.

Anthony Calvillo passed for 414 yards and two touchdowns as the Alouettes trounced the Eskimos 40-4 in a game billed as a showdown between two of the CFL's top offensive clubs.

Anthony Calvillo

Jamel Richardson and Kerry Watkins caught TD passes, Mike Imoh ran in a pair before leaving the game with a hamstring injury and Damon Duval was 4-for-4 on field goals for the East Division-leading Alouettes (8-4).

Noel Prefontaine had a field goal and a punt single, both in the first half, for the Eskimos (7-5), who are tied with the B.C. Lions for third place in the West.

"It was just one of those days when things were working," said Calvillo, whose team responded with a vengeance to a 41-30 beating in Calgary last week that was much worse than the score indicated.

The Montreal defence sacked quarterbacks Ricky Ray and Jason Maas six times. Calvillo passed Danny McManus to take over second place all-time in career pass attempts with 6,700, behind Damon Allen.

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Millar wins $100,000 in Caledon show
Equestrian Ian Millar claimed the $100,000 World Cup Qualifier at the Tournament of Champions yesterday in Caledon, Ont., with his Olympic partner, In Style. THE CANADIAN PRESS

Jays going, going ... gone

Let's see now ... 8½ games back of the wild card, six to play. No, it doesn't look good for the Blue Jays.

On the first day of fall, despite a well-rested and ever-consistent Scott Richmond on the mound, the Jays were officially eliminated from October yesterday with a 3-0 loss to Boston.

The Red Sox, who had a pretty consistent guy going themselves in Daisuke Matsuzaka, clinched no worse than a tie for the post-season and will have their ticket to the dance punched momentarily.

From a Jays' perspective, though, yesterday was at least important to Richmond, the just-turned 29-year-old out of North Vancouver. It was his fourth big-time start and, in those, he has endured 5⅓ innings, 5⅔, five and, yesterday, five again.

He has struck out four, four, five and four. He has walked none, one, none and one. And, whether he has gone out there as a rotation regular — as he did his first three times — or on 22 days' rest, as he did yesterday, he has given up precisely three runs on each and every occasion.

CHRIS YOUNG/THE CANADIAN PRESS
The Red Sox officially eliminated the Jays this weekend with a pair of wins over Toronto.

The Red Sox got all the scoring they'd need with yesterday's first two hitters — a lead-off triple by Jacoby Ellsbury, followed by a Dustin Pedroia sac fly. In the third, there'd be a two-run David Ortiz homer on a 3-2 change-up that Richmond reckons was six inches off the plate.

"I think I might've telegraphed it or something."
Scott Richmond

"I think I might've telegraphed it or something," said Richmond.

"He took the 3-1 (also a change-up) but that one was located well, down at the knees, a good arm-speed through it, a good finish.

"Then the 3-2 came along and I think I slowed (his arm) down a little more. I think he read it. ..... Definitely got a piece of it."

Matsuzaka, meantime, cruised through seven frames of two-hitter, striking out six, in improving to 18-2 on the year.

TORSTAR NEWS SERVICE

Patriots' regular season win streak done at 21

NFL Ronnie Brown was a one-man show yesterday.

Brown scored a club-record four touchdowns and threw for another as the Miami Dolphins shocked New England 38-13, snapping the Patriots' 21-game regular-season win streak.

The loss ended the Patriots' NFL mark that began after a 21-0 loss to the Dolphins on Dec. 10, 2006 in which Tom Brady was sacked four times.

Dolphins' Ronnie Brown

Bills 24 Raiders 23

At Orchard Park, N.Y., the Bills overcame a sloppy start to produce a second straight fourth-quarter comeback victory.

Rian Lindell hit a 38-yard field goal as the clock ran out. Trent Edwards engineered three scoring drives in the final quarter, helping the Bills twice overcome nine-point deficits in the last eight minutes.

Giants 26, Bengals 23

At East Rutherford, N.J., the Giants (3-0) are off to their best start since 2000.

John Carney led the team to its third straight win with a 22-yard field goal with 8:39 left in overtime against Cincinnati (0-3).

In other action, it was: Atlanta 38, Kansas City 14; Minnesota 20, Carolina 10; Tampa Bay 27, Chicago 24, in overtime; Tennessee 31, Houston 12; Washington 24, Arizona 17; Seattle 37 St. Louis 13; San Francisco 31 Detroit 13; Denver 34 New Orleans 32; Baltimore 28 Cleveland 10; Jacksonville 23 Indianapolis 21; and Philadelphia 15 Pittsburgh 6.

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Many of us know the anxiety of not being able to sleep. You turn and turn, while your thoughts keep you awake, and the stress starts to build, as you don't fall a sleep again. Ilene knew this feeling all too well and decided to try the new Melissa tablets.

Ilene had problems falling asleep and would usually wake up several times a night. "It was really frustrating lying in bed unable to sleep. Thoughts churn in your head and small problems seem enormous. And the next day I really had problems concentrating or getting anything done, simply because I was so tired."

Tried the new Melissa tablets

"As my sleep problem seemed to get worse with time, I looked into what could help. I read about Lemon Balm and how it can make you relax and sleep better. I went to my local health food store to get advice and they recommended a new Scandinavian product, called Melissa, which is a natural formula of extracts – among these Lemon balm and Chamomile."

Amazing to wake up after a sound night of sleep

"Now I have used Melissa for a week and it works wonderfully. I feel fantastic. I take the tablets one hour before bedtime, and feel the relaxation after only 30 minutes. Falling asleep feels natural and I find my sleep is much deeper than before. It's an amazing feeling to wake up after a long night of sound sleep!"

WAKE UP REFRESHED AND RESTED!

Melissa, from Scandinavian manufacturer New Nordic, is a new natural remedy for stress and sleep disorders. It's based on lemon balm, chamomile, l-theanine, magnesium and b-vitamins, which in studies have shown to increase deep relaxation, induce sleep and help obtain an undisturbed night of sleep. Melissa can be taken during the day, one tablet per main meal, for reduction of stress, or 2-3 tablets at once at night, to induce sleep.

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Be sure to check out Metro's Toronto FC blog for Ben Rycroft's opinion on where their season went wrong. METRO NEWS SERVICES

THE ASSOCIATED PRESS/DAVID DAVIES

Chelsea's Nicolas Anelka, right, and Manchester United's Cristiano Ronaldo battle for the ball during the English Premier League soccer match at Stamford Bridge, London, yesterday.

Man United survive late Chelsea push

Salomon Kalou equalized in the 80th minute to salvage a 1-1 draw for Chelsea against Manchester United yesterday after the Red Devils threatened to end the Blues' 84-game unbeaten streak at home in the Premier League.

Park Ji-sung gave Man United an 18th-minute lead in a fiery game at Stamford Bridge, but Kalou headed home a free kick for Chelsea's equalizer.

The Blues moved up to second in the Premier League standings, ahead of Liverpool on goal difference but a point behind Arsenal, which won 3-1 at Bolton on Saturday. United has only five points from four games and remains in the last seven in the standings.

Meanwhile, Manchester City crushed Portsmouth 6-0 in the Premier League. Promoted Hull maintained its impressive start with a 2-2 draw with Everton despite squandering a 2-0 lead, Aston Villa won 2-1 at neighbour West Bromwich Albion and last-place Tottenham drew 0-0 at home to Wigan. THE ASSOCIATED PRESS

Standings

- Arsenal, which won 3-1 at Bolton on Saturday, leads the standings with 12 points from five games. Chelsea has 11 and is second on goal difference from Liverpool, which was surprisingly held 0-0 at home by Stoke on Saturday

Sports in brief

MLS Toronto FC lost 2-0 to the Kansas City Wizards over the weekend. The loss doesn't eliminate them from the MLS playoffs but they must win all five remaining games to have a shot at qualification.

MLB Los Angeles Angels left-hander Joe Saunders' problems with a kidney stone will cause him to miss tomorrow's scheduled start against Seattle. Jered Weaver will pitch in his place.

GOLF Gwladys Nocera broke Laura Davies' record for the lowest 72-hole score on the Ladies European Tour with a 29-under 259 total at the Goteborg Masters yesterday. THE ASSOCIATED PRESS

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METRO NEWS SERVICES

EDITOR: MIKE DEREZYCKY, MIKE.DEREZYCKY@METRONEWS.CA

Forests are a critical 'hedge'

Decisions on how to manage woodlands need to be re-evaluated

ScienceMatters

David Suzuki & Dr. Faisal Moola

A forest is much more than the timber it holds. A forest provides habitat for wildlife, recreational opportunities and scrubs carbon dioxide from the atmosphere.

How much is a forest worth? And how do we calculate that value? Do we simply count the trees and figure out how much we could get for them if we were to cut them down and turn them into logs, lumber, and pulp and paper?

That's been the traditional approach, but it hasn't served us well. A forest is much more than the timber it holds. A forest provides habitat for wildlife, recreational opportunities for hikers and hunters, a place for quiet contemplation, and filtration and storage of drinking water. And because forests scrub carbon dioxide from the atmosphere and store it in their trees and soils, they are a critical "hedge" against global warming.

When we take into account all the ecological benefits, or services, a forest provides, we have to re-evaluate the way we make decisions about how we manage them. Clear-cutting an old-growth forest may provide temporary jobs and profits, as well as two-by-fours to build homes and furniture, but if it also results in the release of carbon stored in the trees and soil, thus contributing to global warming, or if it wipes out the habitat of an animal that is crucial to the natural order, then the short-term gains may not be worthwhile.

Two new reports illustrate the idea of taking into account the full suite of values that a forest represents, or its "natural capital," when making decisions about resource management. Dollars and Sense: The Economic Rationale to Protect the Spotted Owl Habitat in British Columbia, and The Real Wealth of the Mackenzie Region: Assessing the Natural Capital Values of a Northern Boreal Ecosystem both argue for a more holistic approach to managing our natural ecosystems.

For a long time, we've only considered the immediate market value of resources when making forest-use decisions. In doing so, we've ignored the enormous value of the ecosystem services that are critical to biodiversity, human health, and community well-being. Although it's not easy to put a dollar value on things such as carbon sequestration and storage, water filtration, clean-water availability, and species diversity, it's foolish to leave them out of the equation.

Taking into account all the values of a forest doesn't mean an end to logging and mining; it just means finding better ways to manage all our activities in these ecosystems — and it means putting a value on the very real services they provide. If we don't address the serious problems of global warming and biodiversity loss, as well as issues such as access to clean air and water, we may well join the spotted owl on the endangered list.

Take David Suzuki's Nature Challenge and learn more at www.davidsuzuki.org.

Dr. David T. Suzuki is a Vancouver-based award-winning scientist, environmentalist and broadcaster.

Students invited to participate in Eco-Design Contest for Tech-Dummies

Do you know a student? Do you know a local business? Are you or your business acting on improving your community's environment?

Students are invited to participate in the Vengeo Eco-Design Contest for Tech-Dummies.

The eco-themed contest is meant to introduce people to Vengeo's eco-friendly end-to-end DIY e-publishing system.

The contest runs until Oct. 16 with an awards night on Oct. 18.

A student (14 years or older) must produce a publication that contains pages about themselves (a visual resume, portfolio), and about a local business, and about the environment. The student must include how they are personally helping the environment and how the business is doing the same. The student will submit the entry on behalf of the business.

For more information, see www.vengeo.com.
METRO NEWS SERVICES

Expedition

Feist

Feist going to Greenland for eco-trip

JOURNEY Canadian musicians Feist and Martha Wainwright will be among artists and scientists on board a ship headed to Greenland this month in an expedition that will study the effects of climate change.

The Cape Farewell expedition, from Sept. 25 to Oct. 6, aims to inspire the artists to respond to what they witness.

Cape Farewell, a U.K.-based organization created by artist David Buckland in 2001, has led a series of Arctic expeditions.

Other musicians on the ship will include K.T. Tunstall, Vanessa Carlton, Laurie Anderson, Jarvis Cocker and Robyn Hitchcock.

They will journey aboard the research vessel Grigory Mikheev along the west coast of Greenland to Disko Bay, then voyage across the front of the Jakobshavn Glacier. The shrinking glacier is losing 20 million tonnes of ice each day, says a news release.
THE CANADIAN PRESS

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The Green Home Show slated for this weekend

The Green Home Show will showcase innovative tools in home energy saving Saturday, Sept. 27 and Sunday, Sept. 28 from 10 a.m. to 4 p.m. at the Kortright at the Living City Campus (9550 Pine Valley Dr., Woodbridge). For more information, see www.kortright.org/ghs. METRO NEWS SERVICES

Oscar knows all about garbage

A beloved yet grumpy garbage lover has been tapped to be the familiar, furry face of a Canadian campaign to promote waste reduction.

Oscar the Grouch has been announced as the "spokes-Muppet" for Waste Reduction Week in Canada, which is slated to kick off next month.

The program is developed and delivered by a coalition of 13 different recycling councils and sister organizations across the country who foster and promote waste reduction and conservation. It's aimed at encouraging individuals to reduce, reuse and recycle in all aspects of their lives.

The character will be featured in ads aimed at educating and encouraging the public to take part.

In a lifetime, the average North American will throw away 600 times his or her adult weight in garbage, and a 68-kilo adult will leave a legacy of 40,825 kilos of trash, according to figures from Natural Resources Canada posted on the Waste Reduction Week in Canada website.

GETTY IMAGES

Waste Reduction Week national committee member Jo-Anne St. Godard said it was Sesame Workshop, the non-profit organization behind Sesame Street, that approached the organization for the chance to get Oscar involved, as it felt the curmudgeonly character was a "natural" to try to reach children and get a positive message out around conservation and preservation.

"He brings a very colourful and a very recognizable profile to the program and hopefully will empower people to participate," said St. Godard, executive director of the Recycling Council of Ontario.

St. Godard said part of the eighth annual event running Oct. 19-25 will focus on engaging post-secondary students who are the up-and-coming consumers, policy-makers and business leaders, to think about consumption and waste generation and the environmental impact of those activities.

THE CANADIAN PRESS

On the web

- Waste Reduction Week in Canada: www.wrwcanada.com/

In brief

TIPS Buy some caulking and a caulking gun and spend an hour sealing all your window frames. Is the weather stripping around your doors worn or ripped? Buy some new pads. For a few dollars, you could cut your heating bills by 10 per cent, according to Ontario's Conservation Bureau. Buy foam sleeve insulation for your hot water pipes at the hardware store and wrap it around the first nine feet of your water heater. It will cost only a few dollars and save around 13 kilograms of greenhouse gases a year, according to Godo Styoke's The Carbon Buster's Home Energy Handbook.

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Enrolment boom in SIAST trades programs

The Saskatchewan Institute of Applied Science and Technology is experiencing an enrolment boom, so much so that school officials say they are running out of classroom space. SIAST has had a 41-per-cent increase in enrolment in trades. METRO NEWS SERVICES

Workology

Worth finishing

Apprentices who complete their program are more likely to have full-time jobs and earn substantially higher wages than those who do not finish, according to new Statistics Canada data. METRO NEWS SERVICES

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

Depression destroying work?

RAFAEL BRUSILOW
for Metro Canada

Depression in the workplace can devastate employee productivity but few companies take the time to understand or combat it.

"Most companies don't have mental health policies," said Heather Stuart, a researcher at Queen's University funded by the Canadian Institutes of Health Research (CIHR).

Dr. Scott Patten, a professor at the University of Calgary who also leads research funded by the CIHR, studies how mental disorders affect the workplace. He says depression is now the leading productivity-killer at work.

"The emerging consensus now is that depression is the leading cause of disability in the workplace," Patten said.

Though it may not be nearly as visible as other forms of disability, depression can have a profound effect on workers, from slowed thinking patterns and problems with memory to disrupted sleep and the inability to concentrate. Eventually, Patten says, depression can lead to a vicious cycle of negative thinking that can feel impossible to escape.

Depression is now considered to be the No. 1 productivity killer in the workplace.

"It basically removes people's ability to derive pleasure from any activity, including work," Patten said.

Dr. Emile Tompa, a health and labour economist and researcher at the Institute for Work and Health, says many employers tend to ignore depression, or put it completely separate from physical health issues. He suggests employers need to look a lot more closely at how depression might be impacting their employees, particularly because a greater number of jobs revolve around mental, rather than physical, work.

> **"Most people would rather lose a limb than lose their minds."**
> Heather Stuart

"Depression and mental health issues are a growing concern for the labour force and employers. As we move towards a more service-based economy, mental acuity and being engaged in your work are factors that have an increasing impact on productivity," Tompa said.

A lot of unavoidable factors can impact an employee's mental state, from family problems to work issues to just simple bad days but Patten says it is usually the less tangible things that lead to full-blown depression.

"A lot of people complain they are faced with a lot of responsibilities they don't have the resources to face. A faster pace, more stressful work, people working harder but not being recognized or rewarded for it — it can create an imbalance in people's lives," Patten said.

Stuart says the issue is made worse by the fact that many people suffering from mental health issues like depression are often afraid to reveal them to their employers for fear of being ridiculed or stereotyped by co-workers or superiors.

"The general public still harbours stereotypes about mental illness. Most people would rather lose a limb than lose their minds. There's an issue of hope — I think when people get a mental health issue they lose hope. But they can get better. People don't realize how treatable mental illnesses are these days," Stuart said.

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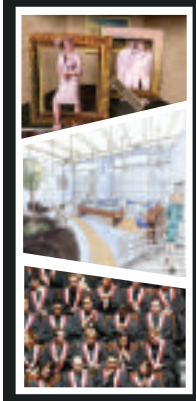

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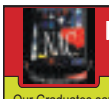

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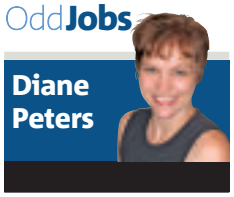
UBC student club in trouble over 'offensive' videos
The University of British Columbia Chinese Varsity Club is facing possible sanctions. Many have complained about the social club's videos, which parody the popular Mac/PC commercials by depicting two Asian students, one fluent and the other speaking poor English, discussing the merits of their respective clubs. METRO NEWS SERVICES

Twisting balloons into career change

OddJobs



Debbie Stevens twists balloons to entertain kids. But she could capture the imagination of little ones long before she knew how to make a balloon dog or lion.

The stay-at-home mom ran a homecare back in the mid 1980s. She became known around her neighbourhood in Bowmanville, Ont., for her storytelling and ability to connect with kids.

One day, a friend asked her to provide the entertainment for a birthday party. Stevens performed magic, told stories and ran games. That led to more parties. Needing more tricks, she got a book from the library on balloon animals.

She took to this unusual art form right away. "Within a few weeks I got bored and came up with my own designs," says Stevens, now 44.

Eventually, Stevens got hired to sculpt balloons at corporate events such as grand openings, Christmas parties and company picnics. Through those, she got hired by the Toronto Maple Leafs to work the lobby of Maple Leaf Gardens (that was in 1999, the team's last year in the arena). She handed out her business card and got a lot more work.

When she does events, Stevens twists anywhere from three to 12 balloons to make various animals, cartoon characters like Spiderman or Buzz Lightyear, or even create a wearable costume and turn a child into a walking butterfly or dragon.

"When I create, I'm not just making a balloon. I'm telling jokes, I'm bonking kids on the head with balloons, it's very animated," says Stevens. She adores children and considers keeping them amused just as important as twisting.

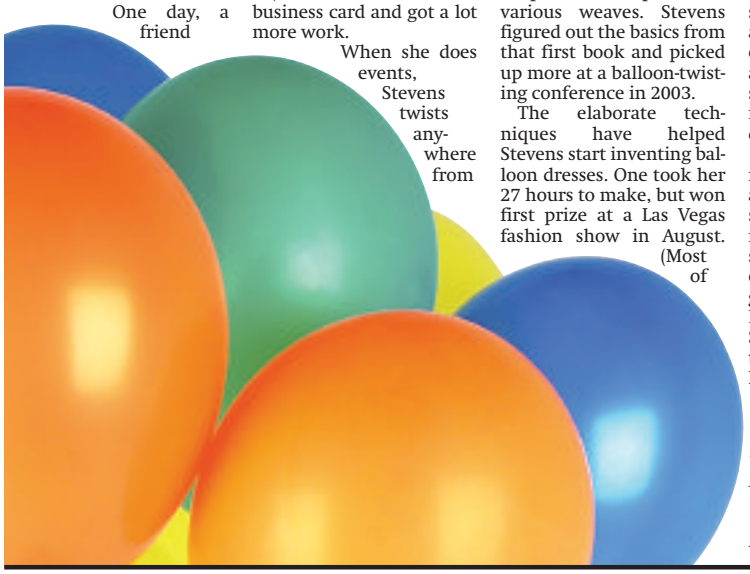
At home, Stevens will spend hours designing new creations. She uses a picture of a cartoon character or real-life animal, or sometimes just invents out of her imagination.

Balloon work relies on about a dozen moves: Loops, bubbles, spirals and various weaves. Stevens figured out the basics from that first book and picked up more at a balloon-twisting conference in 2003.

The elaborate techniques have helped Stevens start inventing balloon dresses. One took her 27 hours to make, but won first prize at a Las Vegas fashion show in August. (Most of the dress is made with a tight weave and it's flat enough that the model can sit down — carefully.)

In 2005, Stevens created a live black-lit show using music, huge balloon creations and the help of her two sons and husband onstage while her daughter acts as stage manager. Recently, since her two sons are in university, she's started a solo show that runs with her 14-year-old daughter's assistance.

Yes, The Twisted Ones is now a full-time business, and a family affair. Stevens spends weekdays doing administrative work and designing while the weekends are booked solid with gigs and whoever's in town helps out. Everyone in the Stevens clan is great at twisting and entertaining kids. "It's hard to have a social life. But that's why I'm so close with my family. This job has really brought us together."



Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

The Lowdown

Job title: Balloon twister
Salary: Anywhere from $25,000 to $75,000.
Education: You need to learn the basic techniques from a book or conference seminar.
Best part of the job: "Doing the balloon twisting for the kids. It's really a high for me to make those children so happy."
Worst part of the job: "The office work."

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Mobile communication gaining popularity with students

Mobile communication, especially text messaging, is gaining popularity among college students. According to a recent Harris Interactive poll, 90 per cent of U.S. college students said they owned a cellphone, and 70 per cent said they used text messaging. METRO NEWS SERVICES

On the hunt for the right job

Now that students have settled into their school routine, the hunt for part-time jobs begins.

After-school jobs can provide enough spending money for students to enjoy a variety of extracurricular and social activities. When looking for a job, here are some tips to consider:

• 1. Flexible schedules — many students have responsibilities and interests outside of work.

It's important to find an employer who recognizes the importance of balance. Look to companies like McDonald's, whose flexible scheduling practices enables staff to balance their job with everything else they're doing.

• 2. Competitive wages — a part-time job that offers more than the provincial minimum wage can be hard to find.

Luckily, an easy way to differentiate jobs with the same pay rates is to search out employers who conduct regular wage and performance reviews.

• 3. Room to grow — students can maximize their job experience by looking for employers who provide training in several areas.

An after-school part-time job can provide you with the spending money you need this school year.

Additional training and greater accountability helps broaden the employee's skill set, helping to enhance their experience while furthering their professional development.

• 4. Who says work can't be fun? — Look to companies with environments that make work fun and welcome feedback from employees.

These aren't the easiest jobs to find, but they do exist if you keep your eyes — and mind — open.

• 5. Additional incentives — everyone likes perks, and some jobs are full of them. For some interesting perks see the next page in today's Metro.

As more employers realize that job satisfaction is directly linked to productivity, many of them are offering greater benefits to keep their employees happy.

It can be nerve-racking looking for the right part-time job, but students should be encouraged to learn just how hard some companies are working to attract them.

NEWS CANADA

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Former OCAD student discharged for ROM bomb hoax
A former Ontario College of Art & Design student who planted a fake bomb sculpture outside Toronto's Royal Ontario Museum last November was issued a conditional discharge and nine months' probation by a judge last Friday. METRO NEWS SERVICES

Search for perks in part-time job hunt

In today's marketplace, employees' expectations are increasing. As a result of these demands, companies are offering greater opportunities and more incentives to continue attracting and retaining top talent.

These "extras" range from frequent employee social events to the 'once-in-a-lifetime' chance to work alongside employees from around the world at the Olympic Games. Other opportunities also include travel, with employees participating in global competitions or exchange programs and attending international conventions and workshops.

Companies offer these extras to reward exceptional service and give employees experiences to remember.

Although company perks attract employees of all ages, students in particular can benefit from some of the academic-related benefits employers are now providing. Because of their educational goals, students may choose to work for companies that offer tuition reimbursement, scholarships and awards. Outside of financial support, mentorship programs that match students with successful employees may provide further benefit to students with targeted career paths.

Serving up some greasy fried food could get you a ticket to the Olympics.

How can students find organizations that offer some of these great programs?

A good place to start is by checking out reports like the annual Best Employers in Canada.

Compiled by Hewitt Associates for The Globe and Mail's Report on Business Magazine, this study measures employee engagement and ranks organizations based on an overall score. An organization makes the list only if its employees think it's a great place to work. McDonald's Canada, one of the 50 Best Employers for the sixth time, has committed to offering scholarships as a way of recognizing student employees for their achievements at work, school and in their communities. The company also offers the Olympic Champion Crew Program through its long-standing sponsorship of the Olympic Games.

For students, these added incentives can help transform a part-time job into more than just a place to work.

With the right company, and the right perks, the experience may also result in further personal and educational development. NEWS CANADA

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Easing town/gown relations

As wild back-to-school partying makes headlines, a number of schools are trying to soften town/gown tensions through an info blitz on neighbourliness. Among them, Fanshawe College's student union has been visiting student houses to drop off recycling boxes and a free guide on responsible partying. METRO NEWS SERVICES

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Some good news for college interns

Looking to get your foot in the door with a potential employer? Start looking for an internship today.

Nearly one-in-four hiring managers (24 per cent) said they plan to hire college interns in the first half of 2009 while another 12 per cent plan to do so as early as the fourth quarter of 2008. The majority of employers who plan to hire interns (59 per cent) reported they are likely to hire their college interns as full-time, permanent employees. This is according to a nationwide survey of more than 3,100 hiring managers from CareerBuilder.com's college job search site.

In addition to gaining valuable experience, college interns can replenish dwindling bank accounts. Sixty-two per cent of employers who are recruiting college interns said they plan to pay them $10 or more per hour. Twenty-three per cent will pay north of $15 per hour while nearly one-in-ten (9 per cent) will dish out $20 or more.

"Internships not only help to build skill sets and establish a successful track record, they offer great networking opportunities," said Rosemary Haefner, vice-president of human resources at CareerBuilder.com. Haefner recommends the following tips to transition your internship into a job.

- Treat your internship like an extended job interview — because it is.
- Seek out more challenges — Employers want employees who show initiative.
- Ask good questions — Employers know you don't have all the answers.
- Remember the golden rule — Always be respectful.

METRO NEWS SERVICES

Nearly one-in-four hiring managers said they plan on hiring college or university interns in the coming months.

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disneyparkscelebrations.ca
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New sis for Sarah
Sarah Chalke's getting a new sister on How I Met Your Mother. Danneel Harris has replaced Sara Paxton as Stella's sibling Nora. EW.COM

Entertainment

It's undecided
A return for a second season of the reality TV show Denise Richards: It's Complicated is still being decided, contrary to earlier reports, TV executives at E! have said. IMDB.COM

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

John Adams, 30 Rock dominate Emmys

Funny guys Gervais, Kimmel save show from a lukewarm opening number

BRIAN COULTON
for Metro Canada

Although it got off to a comically rocky start, the 60th Primetime Emmy Awards successfully picked up steam in Los Angeles last night with miniseries John Adams walking away as the night's big winner.

The HBO biopic that retells the first decades of the United States won five awards including the honour for Outstanding Miniseries. Paul Giamatti and Laura Linney won awards for Outstanding Lead Actor and Actress in a Miniseries or Movie and Tom Wilkinson won for Outstanding Supporting Actor in a Miniseries or Movie for the show. John Adams also won the categories' Outstanding Writing award.

30 Rock was the night's top victor among comedy shows, winning the award for Outstanding Comedy Series. Tina Fey netted two awards, for Outstanding Lead Actress and Outstanding Writing, and Alec Baldwin won Outstanding Lead Actor for the show.

Other comedy honours went to Jeremy Piven for Outstanding Supporting Actor for Entourage, his third consecutive win in the category, and Jean Smart of Samantha Who? for Outstanding Supporting Actress.

Awards for drama series were largely distributed among nominees. Mad Men won two awards for Outstanding Drama and Outstanding Writing. Outstanding Lead Actor and Actress awards went to Bryan Cranston for Breaking Bad and Glenn Close for Damages, which also saw Zeljko Ivanek win for Outstanding Supporting Actor. Dianne Wiest won for Outstanding Supporting Actress for her role in In Treatment.

The show opened with the five inaugural nominees for new Emmy category Outstanding Host for a Reality Program who took to the stage with a lukewarm opening display lacking chemistry and (more embarrassingly) audience laughs.

Tom Bergeron, Heidi Klum, Howie Mandel, Ryan Seacrest and Jeff Probst, eventual winner of the hosting award for Survivor, struggled through their awkward introduction before randomly inviting William Shatner from the audience. He and Bergeron proceeded to rip Klum's black-tie suit off her body, revealing a sparkling black ensemble.

Thankfully, later appearances by comedians Ricky Gervais, Don Rickles and Jimmy Kimmel redeemed any salvageable comedic value.

Singer Josh Groban maintained excitement, charmingly delivering musical renditions of themes from over 25 shows including Friends, South Park and even COPS. Tributes were also made to memorable program locales like the diner in Seinfeld, Desperate

Emmy Winners

- Drama Series: Mad Men.
- Comedy Series: 30 Rock.
- Actor, Drama Series: Bryan Cranston, Breaking Bad.
- Actress, Drama Series: Glenn Close, Damages.
- Actress, Comedy Series: Tina Fey, 30 Rock
- Actor, Comedy Series: Alec Baldwin, 30 Rock.
- Supporting Actor, Drama Series: Zeljko Ivanek, Damages.
- Supporting Actress, Drama Series: Dianne Wiest, In Treatment.
- Supporting Actor, Comedy Series: Jeremy Piven, Entourage.
- Supporting Actress, Comedy Series: Jean Smart, Samantha Who?
- For a complete list of winners go to emmys.tv

ALL PHOTOS KEVIN WINTER/GETTY IMAGES

Actor Jeremy Piven kisses Amy Poehler's stomach after winning the Emmy for Best Supporting Actor, Comedy Series for Entourage, as Tina Fey looks on during the 60th Primetime Emmy Awards held at the Nokia Theatre in Los Angeles yesterday.

Actress Laura Linney accepts the Emmy for Best Lead Actress, Miniseries or Movie for John Adams. The HBO miniseries about the second president of the United States won five major awards.

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Broadway-bound
Actress Julia Stiles, left, is set to make her Broadway debut with a reprisal of her role in the hit play Oleanna.
IMDB.COM

Julie Benz, who stars in Dexter as the title character's girlfriend, looks stunning as she arrives at the 60th Primetime Emmy Awards held at Nokia Theatre in Los Angeles yesterday.

Canada's Sandra Oh, star of Grey's Anatomy, was nominated for Outstanding Supporting Actress in a Drama Series, for her role as Dr. Christina Yang.

Olivia Wilde, who stars in Fox's medical drama House.

ALL PHOTOS FRAZER HARRISON/GETTY IMAGES

The lovely Heidi Klum was one of the five co-hosts of the Emmys, along with Tom Bergeron, Howie Mandel, Ryan Seacrest and Jeff Probst. Klum hosts the popular reality show Project Runway. Klum and her fellow co-hosts were all nominees for outstanding host for a reality or reality-competition program.

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Actor Neil Patrick Harris, right, and his partner David Burtka. Harris was nominated for outstanding supporting actor in a comedy series for his role as Barney in the CBS show How I Met Your Mother.

Desperate Housewife Eva Longoria.

Michael C. Hall, star of the show Dexter.

An odd pairing for sure: singer Josh Groban and comedienne Kathy Griffin strike a pose on the red carpet last night.

Funnywoman Tina Fey, the star and creator of the hit show 30 Rock. Both the show and Fey received nominations.

Ugly Betty star America Ferrera was nominated for best actress in a comedy series.

PREMIERE WEEK

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how i met your mother 8.30PM

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Grimes no prima donna, co-star says

New 90210 starlet Shenae Grimes is not the prima donna she's been made out to be in some recent tabloid reports, her co-star Jessica Lowndes says. "It's ridiculous." E! NEWS ONLINE

Woman revises Ledger lawsuit

IN COURT A magazine freelancer suing two photographers and a paparazzi agency over a video that purportedly shows actor Heath Ledger doing drugs has amended her lawsuit to downplay her role as a reporter. The revisions come after a Los Angeles judge cited her profession in dismissing most of the claims. The lawsuit focuses on a tape that was allegedly made hours after the 2006 Screen Actors Guild Awards.

THE ASSOCIATED PRESS

Barker, DJ AM to recover

Former Blink-182 drummer Travis Barker and celebrity disc jockey DJ AM are expected to fully recover from burns they suffered in a fiery South Carolina jet crash that killed the other four people aboard, their doctor said yesterday.

Barker

DJ AM

Dr. Fred Mullins, medical director of the Joseph M. Still Burn Center in Augusta, Ga., said the two suffered second- and third-degree burns but had no other injuries from the crash that one witness described as a fireball shooting across a highway.

"Anybody who can survive a plane crash is pretty lucky," Mullins said yesterday.

Mullins said Barker was burned on his torso and lower body and DJ AM, whose real name is Adam Goldstein, was burned on his hands and part of his head. The doctor declined to discuss specific recovery times for the musicians, but said such injuries can take a year to fully heal.

Both men are still in critical but stable condition, Mullins said.

The Learjet crashed late Friday night shortly after taking off from an airport in Columbia, where the men had just performed a concert for thousands of college students. The plane's two-person crew and a pair of the musicians' staff members — also their close friends — were killed.

THE ASSOCIATED PRESS

In brief

BOX OFFICE Estimated weekend ticket sales at U.S. and Canadian theatres:

1. **Lakeview Terrace, $15.6 million US**
2. Burn After Reading, $11.3 million
3. My Best Friend's Girl, $8.3 million
4. Igor, $8 million
5. Righteous Kill, $7.7 million
6. Tyler Perry's the Family That Preys, $7.5 million
7. The Women, $5.3 million
8. Ghost Town, $5.2 million
9. The Dark Knight, $3 million
10. The House Bunny, $2.8 million

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Ghastly surgery
Veteran actress Joan Collins has vowed never to go under the knife — because she is convinced ageing women who turn to cosmetic procedures look "ghastly." IMDB.COM

Suicide sparks family tragedy

BookPicks

Blue **Genes**

Author: Christopher Lukas
Publisher: Doubleday
Price: $27.95 (Hardcover)

In Blue Genes, Christopher "Kit" Lukas tells the real-life story of his family's past and the delicate relationship with his brother Tony. While Kit found his calling behind the scenes in television, Tony flourished as a Pulitzer Prize-winning journalist. But, the suicide of a depressed Tony in 1997 recalled all too well the death of their mother by her own hand when they were just boys. Blue Genes allows Kit an outlet to reflect on how depression has ravaged the lives of those close to him and to navigate the difficult road toward escape.

Brian Coulton/for Metro Canada

Miss **Chopsticks**

Author: Xinran
Publisher: Vintage
Price: $21.95 (Paperback)

Inspired by Xinran's work as a journalist probing the lives of Chinese women in arranged marriages, Miss Chopsticks explores what it means to be female living in modern China. The novel introduces the Li sisters (named Three, Five and Six for their birth order) who quickly learn that it's a man's world. The three are brought up with ideas of women as serviceable compared to their male counterparts. When they move from their rural village to the big city of Nanjing, the sisters learn how the place is one of cultural metamorphosis and a breeding ground for change.

Brian Coulton/for Metro Canada

The Heretic's **Daughter**

Author: Kathleen Kent
Publisher: Little, Brown and Company
Price: $27.95 (Hardcover)

The Heretic's Daughter retells the dark American chapter during the 17th century Salem witch trials. Sarah Carrier Chapman, now aged, recalls her upbringing and life with her mother Martha on a Massachusetts farm outside Salem. When Martha is called out as a witch by her own brother, she must fight for her life and that of her daughter. In a stirring account, Kathleen Kent recaptures the arcane period in detail, etching an image of Martha Carrier, of whom the author is directly descended. While grim, The Heretic's Daughter is told with a powerfully intimate touch.

Brian Coulton/for Metro Canada

Entertainment in brief

BOOKS Oprah Winfrey announced Friday she'd chosen David Wroblewski's The Story of Edgar Sawtelle as her latest book club pick, calling the debut novel a classic and the "best novel I've read in a long, long, long time." The novel is already one of the summer's hottest reads and was ranked ninth on The New York Times best-seller list last week. THE ASSOCIATED PRESS

Oprah Winfrey

Author J.K. Rowling dips into politics with Labour Party donation

Harry Potter author J.K. Rowling made a rare foray into Britain's bruising political battles Saturday, donating one million pounds ($1.8 million) to the struggling Labour Party and accusing the rival Conservatives of discriminating against poor parents trying to get out of poverty.

Rowling said Prime Minister Gordon Brown has worked hard to reduce child poverty while Conservative chief David Cameron has proposed tax changes that would hurt working single parents.

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Gervais no "comedy pirate"

Funnyman Ricky Gervais has revealed he turned down a leading role in the lucrative Pirates Of The Caribbean film franchise because he didn't want to play "a comedy pirate" on the big screen. IMDB.COM

Spears driving case back in court

Spears

PEOPLE Britney Spears' trial for driving without a valid California licence is all set for next month — and the lawyer representing her isn't happy about it.

J. Michael Flanagan, the singer's lawyer, said the matter is going before a jury due to unfavourable "special treatment" by prosecutors and a judge. A judge rejected Flanagan's attempts to get the case reduced or the charge dismissed. He has argued Spears is being treated more harshly than others. THE ASSOCIATED PRESS

Heroes up to old tricks

IntelleVision

Rick McGinnis

rick.mcginnis@metronews.ca

JUST FOR ONE DAY: The Q rating — one of those strange quasi-scientific phantasms of the marketing business — is a way of measuring the emotional appeal of anything from a politician to a breakfast cereal, and according to a recent study done by Marketing Evaluations Inc., the company that came up with the Q test back in the Mad Men era of 1963, Survivor, Heroes and House are the leading primetime Q scorers.

According to Marketing Evaluations, the Q score is an indicator of "the commitment that key viewers have to continue watching a show into the future," which would be a very big deal for a show like Heroes, which got off to a roaring first season and had its inevitable sophomore slump amplified rather sharply by having its second season cut in half by the writers' strike last winter, which forced series creator Tim Kring and his writers to cut a whole storyline they'd had planned for the second half of the season.

Season two ended with the usual cliffhanger, one that felt like a pointed reference to the 1968 assassination of Robert F. Kennedy — Nathan Petrelli (Adrian Pasdar) lying on the ground with two bullets in his chest, cradled by his brother Peter, shot by an unknown gunman just as he was about to blow the lid on the whole mutant underground/The Company thing. Season three begins tonight four years in the future — some rain-slicked one where everyone dresses in black and slicks back their hair; why, I'm moved to ask not for the first time, does the future so often look like Berlin in the '80s?

Peter Petrelli (Milo Ventimiglia) is on the run from some shadowy mob, and ducks into the usual convenient empty warehouse to find Claire (Hayden Panettiere) pointing a gun at his head, obviously well pissed at him for some as-yet-unspecified king hell betrayal. Kring has named the show's third chapter Villains, and it seems like Peter has passed over to some kind of dark side in one of the multitudinous alternate futures that the show spins off like chunks of bald tires on the shoulder of some well-used highway.

The preview disc I saw only included half of the 2-hour season premiere, but it set a brisk pace from the first minutes and tossed up a few new balls for the new season to keep in the air. There's a new side to Sylar, it seems, at least a couple of the once superpower-free civilians in the cast look like they've been given an upgrade, and Nathan gets religion. You didn't really think he was dead, did you? He's not the only Lazarus, though, which highlights my biggest problem with the show; with all those powers ricocheting around, death is often just an inconvenient stumble, and you can usually count on any given corpse showing up an episode or two later. It's the oldest comic book storyline switchback in the book, but it does absolutely nothing to ramp up the dramatic possibilities of the show, since it lowers the stakes to negligible, somewhere between a videogame and the "They killed Kenny!" gag that even South Park saw fit to drop after a few seasons.

Milo Ventimiglia, left, stars as Peter Petrelli and Hayden Panettiere stars as Claire Bennet in a scene from Heroes.

Rick McGinnis writes about music, movies, books and television

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primetime 9/22/08	265	353	2	TVO	Time Team "Denia"		The Agenda With Steve Paikin		Midsomer Murders		Monarchy "Survival"		Agenda-Paikin
	211	331	3	GTV	ET Canada	Entertainment	Prison Break (HDTV) (N)		Heroes The identity of the shooter is revealed. (N)		News (N)		News (N)
	215	343	4	OMN1	2Half Men	The Simpsons	News (N)		Vivere II	News (N)	The Simpsons	King of the Hill	Metropia
	210	302	6	CBC	Coronation St.	Jeopardy! (N)	*The Englishman's Boy* (2008, Drama) Michael Therriault.				CBC News: The National		The Hour
	214	344	7	CITY	Law & Order: SVU		To Be Announced		Reaper		To Be Announced		News (N)
	212	313	8	CTV	eTalk	Hollywood	Dancing With the Stars				(10:01) CSI: Miami (N)		News (N)
	218	345	11	E!	The Insider (N)	E! News	'Til Death	How I Met	Do Not Disturb	Worst Week	Boston Legal (N)		News (N)
	137	763	13	TFO	Panorama		Carnets d'expédition		*L'Arche russe* ★★★ (2002, Drame) Sergei Dreiden.				Folie-aventure
	-	-	14	-	Cold Case "One Night"		News (N)		News (N)		2Half Men	Friends	Bhangra
	213	326	15	SUN	Becker	George Lopez	Funniest Pets	Funniest Pets	One Tree Hill (HDTV) (N)		To Serve and Protect		Grill Rm.
	-	387	16	CBS	Inside Edition	Hollywood	Big Bang Th	How I Met	Two/Half Men	Worst Week	CSI: Miami (N)		News (N)
	-	385	17	NBC	The Insider (N)	Entertainment	Heroes (HDTV) (N)		Heroes The identity of the shooter is revealed. (N)				News (N)
	-	386	18	ABC	Wheel-Fortune	Jeopardy! (N)	Dancing With the Stars				(10:01) Boston Legal		News
	219	346	20	ACH-B	Robson Arms	TMZ (N)	Sarah Connor Chronicles		Two/Half Men	Hole in Wall	The Mentalist "Pilot" (N)		News (N)
	-	-	28	FOX	Judge Judy (N)	Two/Half Men	Sarah Connor Chronicles		Prison Break (HDTV) (N)		Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	News-Lehrer	Time Goes By	Antiques Roadshow		Masterpiece Mystery! (N) (DVS)			Five Women	Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	Gossip Girl (HDTV) (N)		One Tree Hill (HDTV) (N)		CW11 News at Ten		Two/Half Men
	296	654	331	SBK	Wheel-Fortune	Jeopardy! (N)	Dr. Phil (HDTV)		WBZ News (N)	'70s Show	Frasier	Frasier	Cheers
	298	653	332	TLA	Jamie Foxx	Wayans Bros.	My Wife-Kids	According-Jim	Family Guy	Family Guy	Two/Half Men	Two/Half Men	Gossip Girl (N)
news	502	390	26	NW	CBC News: Around the World		Canada Votes: Your Turn		CBC News: The National		Daylight Robbery (N)		National
	500	500	33	CNN	Lou Dobbs Tonight		CNN Election Center		Larry King Live		Anderson Cooper 360 (HDTV)		
	509	504	79	CNB	Kudlow & Company		On the Money		The Apprentice		The Big Idea With Deutsch		Mad Money
sports	405	417	22	net	Hockeycentral	NHL Preseason Hockey Buffalo Sabres at Toronto Maple Leafs. (Live)					Sportsnet Connected		Hockey Central
	400	400	30	TSN	Monday Night Countdown (HDTV) (Live)			NFL Football New York Jets at San Diego Chargers. (HDTV) (Live)					
	411	457	58	OLN	Ed's Up	Videos	How Not to Die "Urban"		Mantracker (N)		Departures "Thailand"		Pilot Guides
	417	406	81	SC	Pinks (HDTV)	Pass Time	This Week in NASCAR (N)		Big Shots: Titans at the Tee		Barrett-Jackson		Pinks (HDTV)
family	551	542	25	YTV	The Next Star		Prank Patrol	Futurama	Prank Patrol	Mystery Hnt.	Adrenaline Proj	Prank Patrol	Mystery Hnt.
	554	544	45	TEL	George-Jungle	Bugs Bunny & Tweety Show		6teen	Total Drama	Futurama	American Dad	Robot Chicken	Life's a Zoo
	556	540	51	FAM	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
cable variety	602	567	27	W	Will & Grace	Friends	How Clean	House	Love It or List It (N)		Real Est	Kim	Save Us-House
	570	580	29	MM	Live at Much Pink. (N)		MuchTopTens		MuchNews	The NewMusic	Legally Blonde		MuchVibe
	615	520	31	A&E	CSI: Miami (HDTV)		Intervention		Intervention "Caylee"		Paranormal	Paranormal	Paranormal
	700	800	35	TLN	Centrovetrine	Sky TG 24	Se Forte Maestro		Distretto Di Polizia		Raymond	Raymond	George Lopez
	571	581	36	MMM	mmmtop	Revival	Listed		Where You At	Revival	Gene Simmons	Gene Simmons	Party of Five
	575	583	38	CMT	Cheerleader Nation		Karaoke Star "Toronto, ON"		Reba	Hope & Faith	Home Improve.	Home Improve.	Karaoke Star
	616	521	39	SHO	Love-Death	Love-Death	Painkiller Jane		Kenny-Spenny	Rent-A-Goalie	Name Is Earl	Name Is Earl	The Office
	620	523	40	BVO	Desperate Housewives		Baby Ballroom		And They Danced		Moments in Motion		Law & Order
	601	562	41	SLC	End of Leash	ET Canada	End of Leash	Spoiled Rotten	Wedding SOS	Party Mamas	Project Runway (N)		End of Leash
	522	506	43	HIS	NCIS		Battle 360		Tank Overhaul		NCIS		Crime Stories
	625	548	44	COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	The Cho Show	Simple Life	Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	Design U	Home to Stay	Property Virgin	House Hunters	Location, Location, Location		Holmes-Homes
	294	529	47	TBS	MLB Baseball Atlanta Braves at Philadelphia Phillies. From Citizens Bank Park in Philadelphia.						Family Guy	Family Guy	Seinfeld
	576	582	49	BET	106 & Park: BET's Top 10 Live		*Lean on Me* ★★ (1989, Docudrama) Morgan Freeman, Robert Guillaume.				Somebodies		Judge Karen
	627	528	50	SPC	Lost "Solitary"		Star Trek		Battlestar Galactica		Eureka "Best in Faux"		Stargate SG-1
	581	566	52	MTV	The Hills	After	Canada's Next Top Model		Exiled	The Hills	The Hills	After	MTV Live
	618	524	54	TROP	TV Made, Do It	Very Bad Men		What Happen?	Make or Break	TV Made, Do It	Planet Soap	Reality	Final 24
	603	561	56	FOOD	Road Grill	Licence to Grill	Restaurant Makeover		Good Eats	Perfection	Ramsay's Kitchen Nightmares		Restaurant
	261	394	60	V	Murder, She Wrote		Prime Minister	May-December	McLeod's Daughters (N)		The Koran (N)		
	621	527	63	STR	The Ellen DeGeneres Show		TMZ (N)	eTalk	Katie & Peter: Next Chapter		The Tonight Show-Jay Leno		TMZ
	553	546	65	TRE	Wonder Pets	Nght Grdn	Bucket-Dinos	Franklin	Little Bear	Miss Spider	Comfy Couch	Rolie Polie Olie	Beren. Bears
	115	711	101	TVA	Les Auditions de Star Acadé		Annie et ses hommes (SC)		Dr. House (HDTV) (SC)		TVA 22 heures	(10:45) Denis Lévesque	
	126	730	102	RDI	RDI en direct	Élections	Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	526	507	249	CLT	Judging Amy		Voices in Time	Ministers	The Color of War		Mysterious Ways		Judging Amy
	300	601	301	M1	(5:55) *The Black Dahlia*		Stargate Atlantis (N)		Californication	Californication	Brotherhood		Atlantis
	305	612	306	PIX	(7:10) *The Pyx* ★★ (1973, Horror) Karen Black.				*The Big Lebowski* ★★★ (1998, Comedy) Jeff Bridges.				*Nat. Lamp Trip*

critics' corner

Dirty Jobs

Insert your "rotten to the core" joke here. In "Dirty Jobs of the Big Apple," host Mike Rowe is in a New York state of mind. There are 8 million stories in the naked city, and almost as many unpleasant ways to earn a living. Rowe doesn't get to all of them, but he does take on the construction of a water tower atop a skyscraper and learns how to repair elevators. Those with fears of heights or small spaces need not apply. 10 PM on DIS

The Pyx

Don't hate this 1973 thriller because its alternate title is "The Hooker Cult Murders." Yes, there are hookers, a cult and murder, but it's not as lurid as it sounds. Set it Quebec, it stars Christopher Plummer and Donald Pilon as a pair of cops investigating a prostitute's murder. Religious artifacts on the body lead them to another hooker (Karen Black, "Easy Rider") and ultimately, a satanic cult with members in very high places. 7:10 PM on PIX

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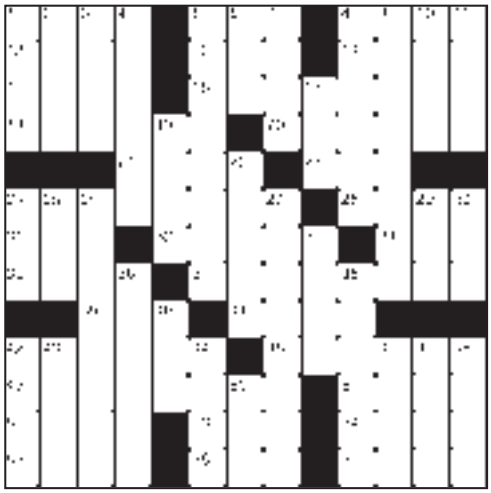


Crossword across

1 Information
5 "Platoon" setting
8 Strikebreaker
12 Enrages
13 "Born in the —"
14 Domesticate
15 Oceans
16 Menace
18 Islamic leader
20 To-do list entry
21 Thailand, once
23 Solidify
24 Name
28 Turned blue?
31 Spelling contest
32 1988 movie, "Without —"
34 Go schussing
35 Sailor's mop
37 Intensify
39 Deity
41 Birthright barterer
42 Restitution
45 Look up to
49 Wolfram
51 Heehaw
52 "Beetle Bailey" dog
53 Common Mkt.
54 Unrivaled
55 Disarray
56 Post- opposite
57 Tolkien's tree creatures

Crossword down

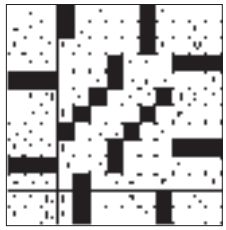
1 Platter
2 Vicinity
3 Blue hue
4 St. Francis' home
5 Small, short-tailed bird
6 Blond shade
7 Stallion's companion
8 Didn't blink
9 Action accelerator
10 "So be it"
11 Flex
17 Work unit
19 Leaning Tower of —
22 Big fracas
24 Couric's employer
25 Chop
26 Chemically active substances
27 Pest
29 — out a living
30 Lotsa noise
33 "Zounds!"
36 Beatnik's drums
38 Hardly conceited
40 Dentist's abbr.
42 Fermi's bit
43 Silent
44 Stairway part
46 Press
47 Carry on
48 Spuds' buds
50 Always, in verse

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	7	8				1		
			1	3				9
9					4			5
		7	9		2		4	
	1			5			6	
	8		6		3	2		
1			5					6
7				8	9			
		2				4	5	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



5	7	4	2	3	9	1	8	6
3	2	1	5	8	6	9	4	7
6	8	9	4	7	1	3	2	5
2	4	3	1	5	8	7	6	9
1	6	7	9	4	3	2	5	8
8	9	5	7	6	2	4	3	1
7	3	8	6	1	4	5	9	2
4	1	2	8	9	5	6	7	3
9	5	6	3	2	7	8	1	4

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SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Recipe of the day

COOK SMART FOR A HEALTHY HEART

Chicken Burgers with Tropical Fruit Salsa

These juicy chicken burgers, topped with a Caribbean-inspired salsa, are absolutely scrumptious.

INGREDIENTS:
1 small pineapple
1 small mango, peeled and finely chopped
1 small red onion, finely chopped
2 tablespoons finely chopped fresh coriander
1 tablespoon fresh lemon juice
1 teaspoon canola oil
500 g ground chicken
1 large Granny Smith apple, peeled and shredded
1/4 cup dry breadcrumbs
4 thin slices reduced-fat Cheddar cheese
4 hamburger buns or soft rolls, preferably whole wheat, split
4 lettuce leaves

METHOD:
1. Peel, core, slice and chop the pineapple (you need 2 cups) and place in a bowl. Mix in the mango, onion, coriander, lemon juice and oil. Cover and set aside.
2. Mix the chicken, apple and breadcrumbs in another bowl until blended. Divide the mixture into 4 equal portions and shape into patties about 1 cm thick. Place the patties on a plate, cover, and place in the freezer for 20 minutes.
3. Preheat the barbecue. Cook the patties on medium heat until browned and cooked through.
4. For each burger, place a slice of cheese on the bottom of a hamburger bun, cover with lettuce, add a patty, top with about 1/2 cup salsa, and crown with the top of the bun.

Nutrients per serving: calories 581, carbohydrate 62g, protein 41g, total fat 19 g (saturated fat 6g). **SERVES 4**

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Someone is bound to be snappy around you. You'll hear another sad story. A fine person will step in to unravel snarled messages.

TAURUS
APRIL 21-MAY 21
You will find new ways to make money. Contact with attractive people can put you in a great mood. Be patient with cynics.

GEMINI
MAY 22-JUNE 21
Put off making big buys until your financial status is stable. It's an easy day to make your way. Be adaptable to change at a moment's notice.

CANCER
JUNE 22-JULY 22
A relative calls late in the day. Beg forgiveness after a thoughtless insult. Communication will improve drastically.

LEO
JULY 23-AUG 23
A desirable object comes into your hands. Focus on settling fevered emotions. Be disciplined in the workplace.

VIRGO
AUG 24-SEPT 22
An incident involves someone else's possessions. Avoid controversy and spiteful people. An approach to romance fails to meet your standards.

LIBRA
SEPT 23-OCT 23
Your secret love makes you think happy thoughts. A cryptic statement needs investigation. Don't eat to calm down after heated words are exchanged.

SCORPIO
OCT 24-NOV 22
A discussion leads to nervous tension. A co-worker's infatuation develops in spite of reluctance. Forgive yourself the expense of new clothing.

SAGITTARIUS
NOV 23-DEC 21
An impractical person's actions indicate a pattern of neglect. A lack of documents hampers travel. Someone's mood has everyone in a funk.

CAPRICORN
DEC 22-JAN 20
Your memory gets nudged by a trivial matter. Use cleverness to get around an irritating pest. A light-hearted mood is coming your way.

AQUARIUS
JAN 21-FEB 18
Romantic notions will dissolve after a temper tantrum. Be patient when someone attracts your attention. Create a fresh vision for others.

PISCES
FEB 19-MARCH 20
A lecture is the only flaw in the day. A unique person won't understand your convictions. You should trust your instincts.

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Anderson, PETA take on Armani

Pamela Anderson has teamed up with animal-rights activists at People for the Ethical Treatment of Animals to encourage A-list stars to shun fashion designer Giorgio Armani for using fur. IMDB.COM

Celebrity Buzz

Fox defends female posers

PHOTOS Actress Megan Fox has leaped to the defence of Disney stars Vanessa Hudgens and Miley Cyrus after their 2007 and 2008 private photo scandals, femalefirst.co.uk reports.

Naked snaps Hudgens took for boyfriend Zac Efron made their way onto the Internet in 2007, embarrassing the actress. Cyrus experienced her own string of scandals this year, when self-taken cellphone pictures also emerged on the Internet. She also posed for a Vanity Fair photoshoot that was deemed to be too saucy for a 15-year-old girl.

But Fox is outraged the young stars felt pressure to say sorry, insisting those responsible for exposing the candid snaps should be blamed and ashamed.

"I would never issue an apology for my life and for who I am," She tells GQ magazine. "It's like, 'Oh, I'm sorry, I took a naked, private picture that someone, who is an a–hole, sold for money.' Someone betrayed Vanessa, but no one's angry at that person. She had to apologize."

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

Sex-y role for Cyrus?

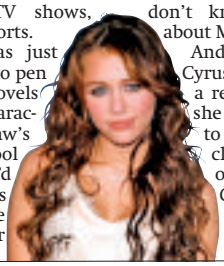
TV Sex and The City author Candace Bushnell wants teen sensation Miley Cyrus to play the young Carrie Bradshaw if her prequel novels are turned into movies of TV shows, imdb.com reports.

Bushnell has just signed a deal to pen two teen novels about her character Bradshaw's high school years and she'd love for Cyrus to take the lead in a TV or film spinoff.

When asked to name her new Carrie — a part Sarah Jessica Parker has played on the big and small screen — Bushnell said, "I don't know … What about Miley Cyrus?"

And it appears Cyrus is game — in a recent interview she said, "I'd love to do a younger, cleaner version of Sex and The City."

METRO NEWS SERVICES



Wahlberg, fiancée welcome Baby 3

BABY Actor Mark Wahlberg and his fiancée Rhea Durham have become parents for a third time after having a baby boy, imdb.com reports.

The couple welcomed the tot on Tuesday in Los Angeles.

A name for the baby has not yet been announced.

METRO NEWS SERVICES

celebrity brief

Mills: Paul marriage had reward

RELATIONSHIPS Former model Heather Mills does not regret her marriage to Beatles legend Paul McCartney — because she fell pregnant after years of heartache, imdb.com reports.

Mills and McCartney endured a messy public divorce earlier this year after six years of marriage. During their divorce battle, court papers leaked in which Mills falsely claimed McCartney was an abusive husband, a drunk and a wife-beater.

But now she has spoken out about their marriage and insists she does not regret it because it gave her a daughter.

Mills tells Britain's Daily Mail newspaper, "How would you feel if you had been through what I have?

"But no, how can I regret something which gave us our beautiful daughter Beatrice? … I could never regret something which gave me Beatrice." METRO NEWS SERVICES

Duchovny recovery a work in progress

REHAB Actor David Duchovny is "doing well" since admitting himself into rehab for sex addiction, according to one of his co-stars on hit U.S. TV show Californication, imdb.com reports.

The 48-year-old, who plays a sex-loving author in the raunchy cable show, checked himself into rehab last month in a bid to control his own sexual urges.

Actor Evan Handler has sent his best wishes to the star, and admits he's looking forward to getting back to work when Duchovny returns to the set.

He said, "The most I can say is that I hope he's doing really well — and I heard he is doing really well. I can't wait to go back on the set because the work experience is the best one that I've had."

When asked if Duchovny would attend the series' premiere Sept. 28, Handler said: "I have no idea whether I'll see him there or not."

METRO NEWS SERVICES

"This makes no sense at all …"

by Joe O'Neill

Stop the presses! **Heather Mills** does not regret her marriage to **Sir Paul McCartney**. More specifically, she does not regret failing to sign a pre-nup, and her reasons for this number approximately 50 million. And, oh yeah, better throw the kid in there, too.

I sometimes suspect that **Yoko Ono** hired Heather to do what she did because Yoko was tired of her status of most hated person in history amongst Beatle fans, by which I mean approximately seventy-eight per cent of the population of the developed world. If my suspicions are correct, Heather has earned her money.

Mills says she's ready to move on with her life and help with causes that are close to her heart. It's good to know that she will continue to do whatever it takes to ease the plight of 40-something, bottle blonde one-legged, "former models" who used to be married to Beatles bass players, against whom they've made false accusations of physical abuse.

And what of the couple's child, **Beatrice**? I'm a sucker for poetic justice, and if there's any in this case, Bea will grow up to become a fur-wearing, meat-eating, baby-seal clubbing land-mine vendor who walks around singing "I am the walrus, coo coo ca choo!"

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ALLIANCE

Lohan, Ronson eyeing pad?
Actress Lindsay Lohan is reportedly planning to invest in a New York penthouse to share with her rumoured girlfriend Samantha Ronson. imdb.com. IMDB.COM

Celebrity Buzz

Ashley Olsen to sister: Step back from the biz

BUSINESS Ashley and Mary-Kate Olsen, 22, have spent their whole lives in sync, and together created their clothing lines, The Row and Elizabeth and James, but an insider says their work ethics don't match anymore — causing a rift in their relationship, intouchweekly.com reports.

"Ashley really wants to be a respected businesswoman and be taken seriously," says the friend. "MK does too, but she hasn't been willing to give up her lifestyle and act like an adult for their job."

So Ashley has distanced her twin from the couture end of their joint fashion empire.

"Ashley came to a difficult decision. She decided that MK should not be involved with The Row," says the insider. "She asked her sister to step back from her current responsibilities until she has her personal life together."

Instead, MK will reportedly focus on their more affordable line, Elizabeth and James, for which their roles were always less hands-on.

METRO NEWS SERVICES

Campbell to wed?

MARRIAGE Naomi Campbell's billionaire boyfriend is preparing to propose to her, femalefirst.co.uk reports.

Vladimir Doronin, who has been dating the supermodel for several months, hinted he was ready to ask her to marry him at Campbell's recent charity catwalk show Fashion for Relief, but stopped short of revealing when he will pop the question.

"Naomi is wonderful. Will I put a ring on her finger? Maybe very soon," he said. Campbell, 38, recently revealed she refuses to discuss marriage in case it scares her beau. She will not even comment on the state of her relationship.

METRO NEWS SERVICES

Aguilera gushes about family life

FAMILY Christina Aguilera has never been happier, femalefirst.co.uk reports.

The singer, who gave birth to son Max Liron, her first child with husband Jordan Bratman in January, admits becoming a mother has added an entirely new aspect to her life.

"I'm the happiest I have ever been in my life," she said. "I'm a very lucky girl. Jordan and I have been together for seven years now, and it's getting better every day. We've got a lot to look forward to. I'm just in awe of everything that is happening to us right now."

Aguilera also revealed she finds criticism of her image painful, but does her best to ignore any personal attacks.

"To be honest, it does hurt because I try my best to treat people around me fairly and to be the best person I can," she added.

"I'm spiritual and come from a family, especially a mother, that's instilled good values in me and kept me grounded, so that's what I have to concentrate on."

METRO NEWS SERVICES

celebrity brief

Aniston shuns 'ridiculous stories'

MEDIA Jennifer Aniston doesn't worry about what's written about her private life anymore, femalefirst.co.uk reports.

The actress, who recently split from singer John Mayer, gets frustrated by some of the things she reads about herself but has learned not to pay attention and move on.

"You hear so many ridiculous stories and things which are just plain lies, and you want to go on the record, but you can't because it just inflames things more," she said. "I'm so used to it now that I just don't pay attention. I just live my life, focus on my work and stick to the plan. I really don't worry about what's written about me. It's part of the business."

METRO NEWS SERVICES

Angie lets Brad look after meals

HOME LIFE Angelina Jolie can't cook, femalefirst.co.uk reports.

Despite having six children with partner Brad Pitt, the actress admits she has never been able to master any culinary skills.

"I don't cook — it's the one thing I can't do!" she said.

Jolie insists Pitt is the parent responsible for the cooking, admitting: "When I get away from filming and doing interviews, I join Brad and the children to have breakfast or lunch. Brad is always thinking about the kids and what to feed them for breakfast. For him, it's the most important meal of the day."

The 33-year-old actress also revealed she likes being as open as she can, but is determined to keep some things private.

"I'm honest and I like that I don't have to worry about what I say because I don't have the time or energy for it," she added. "Sometimes things are taken the wrong way and it's crazy to be misinterpreted — It does bother me."

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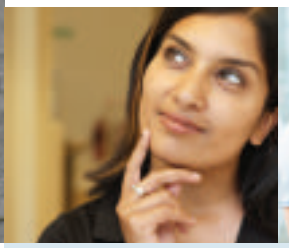

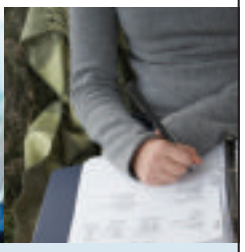

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